



THE OPRAH
MAGAZINE

ADVENTURES IN INTIMACY
Soul-stirring stories, eye-opening advice

YOUR CHANCE TO
WIN
fabulous
beauty
products—
worth over
\$2,000!
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Find Your
**Comfort
Zone!**

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WHEREVER YOU ARE

THE ART OF
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How one little phrase can
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BEST
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**YOU'RE
GONNA
WANT
THEM ALL!**

OPRAH THROUGH THE DECADES
For more classic looks, turn the page ➡➡

COVER CONFIDENTIAL

This month Oprah tried iconic looks from three different eras.

Simply '70s

The free and easy, hippie-go-lucky vibe of the '70s called for loose, flowing hair and big, soft lashes.



ANDRE WALKER,
HAIRSTYLIST

THE HAIR "This was my favorite look. For fullness, I added really long extensions. And lots of gold and red highlights helped bring the style up-to-date."
—Andre Walker



Our cover girl's selection of colorful '70s-inspired tunics. Above right: O creative director Adam Glassman gets lost in one of Oprah's hats.

"I have a big head!
The only hats that
fit me are custom
made."

—OPRAH

DERRICK
RUTLEDGE,
MAKEUP
ARTIST



Derrick pieced together Oprah's faux lashes. "They felt like little spiders," she says.



THE MAKEUP

"To create a wide-eyed effect, I went with very spiky liner. The muted, pale lip is a contrast to the boldness of the eye makeup."

—Derrick Rutledge



FREE-SPIRITED & FABULOUS

If you're looking for an **ultra-feminine** and **playful** style, look no further than this '70s-inspired trend with fanned-out lashes, full brows and creamy, nude lips.

Get the look with expert tips from Maybelline New York Global Makeup Artist Yadim



Start with perfected skin using **Fit Me!® Matte + Poreless Foundation** and **Cover Stick™ Corrector Concealer** as a base. Both products provide excellent coverage, giving you the perfect palette to play with different looks.

1

A defined brow frames your face and is key to any complete look. Fill in the brow with **Brow Define + Fill Duo**, creating a slight arch to really play up the eyes.



To create a dramatic eye, it is important to get a really good lash curl before applying any mascara. Then, use **Lash Sensational™ Washable Mascara** on both the upper and lower lashes and apply 2-3 coats – it creates an extra-glamorous effect!

3

Finish off the look with **Color Sensational® Lipstick** in a nude shade – it's one of the key features of a truly carefree look.



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1. SETTING
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POWDER

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Emily is wearing New Eye Studio® Brow Define + Fill Duo in Soft Brown. ©2015 Maybelline LLC.



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*"I love
what a hit
of color
can do for
your mood!"*

—OPRAH



KEEP TURNING! ➡➡

COVER CONFIDENTIAL

Sweetly '60s

Mod style blended innocence with smooth sophistication: The dress code was snappy, the hair was pert, and the lipstick? Pink.

THE HAIR "I teased Oprah's hair at the crown but didn't go overboard. If your style feels authentic, you won't look like you're in a costume." —Andre



One of the inspirations for Oprah's voluminous do? Catherine Deneuve's iconic look in 1967's *Belle de Jour* (above).

"I would never have tried pink lipstick unless it was for a cover shoot."

—OPRAH



THE MAKEUP "A rosy mouth is very '60s Mod—and it also happens to be very hot right now. I defined Oprah's eyes by emphasizing her beautiful brows." —Derrick



"I'm stepping out of my comfort zone with this shade!" says Oprah. "It's called Pink Sugar."



FASHIONABLE & RETRO

This 1960s-inspired look has become a classic in its own right and continues to make a resurgence today. With an emphasis on playing up your favorite feature and making a bold statement, this look is guaranteed to make you stand out.

Get the look with expert tips from Maybelline New York Global Makeup Artist Yadim

First start with fresh skin using **Fit Me!® Dewy + Smooth Foundation**, which matches your skin tone and texture. Perfect any necessary areas with **Cover Stick™ Concealer Corrector** to create a flawless face.

1



Play up your eyes using **Eye Studio® Lasting Drama™ Gel Eyeliner** to create a graphic mod(ern) eye. Glide the liner across your lash line from inner to outer corner, and wing it out if you're looking for extra drama.

2

Perfectly shaped brows are the foundation for any look. Define and fill your brows with the ultimate tool, **Brow Define + Fill Duo**. Sweep the pencil through each brow for definition and complete with the filling powder for a sculpted yet natural look.

3



Finish off the look with a natural pink lip, a perfect complement to the bold eyes. Following the contours of your mouth, apply **Color Sensational® Lipcolor** in a pink hue such as Pink Me Up, which has a crisp color and a creamy feel.

4



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Adriana is wearing New Color Sensational® The Creamy Mattes in All Fired Up. ©2015 Maybelline LLC.

NEW YORK



THE **OPRAH**
MAGAZINE



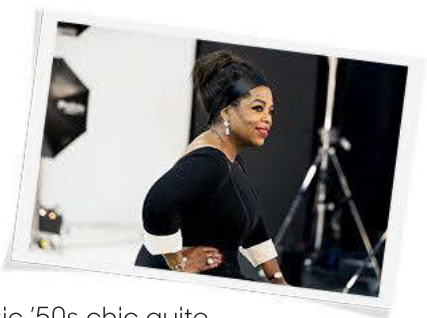
*“Trends
come and go,
but a classic
look always
feels right.”*

—OPRAH

COVER CONFIDENTIAL

Fabulous '50s

No one embodies classic '50s chic quite like Audrey Hepburn. It's go-for-broke beauty with dramatically upswept hair, matching lips and nails in candy apple red, and heavy-duty eyeliner.



THE HAIR "The key to a great updo is to make it as unstructured and casual as possible. You can see that Oprah's hair is very airy, which is how she likes it. The black ribbon and sparkling combs added just a hint of formality." —Andre



Chanel's fall 2015 runway models were a muse for Oprah's ribbon-and-sparkle combo.

"Look! It's Audrey Oprah Hepburn."

—OPRAH



How up was Oprah's updo? Eight inches, Andre estimated.



THE MAKEUP "One of the main features of this look is the cat eye. When you use such prominent liner, you need to balance it by really playing up the lashes as well. Scarlet lips and nails are elegant and striking against the black of Oprah's outfit." —Derrick



Gayle checks out a mock cover on her phone. "Didn't you dream of being Audrey Hepburn when you were little?" she asked her pal.

TIMELESS & ELEGANT

Elegance is always in style. Classic beauty personifies class and grace. Capture the sophistication of the 1950s at its best with bold lips and dramatic eyes.

Get the look with expert tips from Maybelline
New York Global Makeup Artist Yadim

Use **Fit Me™ Concealer** to cover any problem areas, and then apply **Dream Liquid™ Mousse** all over to achieve a creamy and clear complexion.



1



To create the perfect winged eye, use the **Eye Studio® Lasting Drama™ Gel Eyeliner**, which is easy to apply and gives you that graphic, edgy look. Starting from the inner corner of the top lid, draw a thick line to the outer corner that broadens as you go, following the natural curve of your eye.



Next, use the **Blushed Nudes Palette** to contour your eyes and cheeks. Be sure to highlight your most important features, like above the brow bone, the high planes of your cheeks, and the inner corners of your eyes.

4

Complete this look with a beautiful red lip with **Color Sensational® Creamy Mattes** in a shade like Siren in Scarlet. A signature red lip is all about matching your undertones; try a variety of reds to see if your skin tone requires more of a coral or berry shade.



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Jourdan is wearing New The Blushed Nudes Palette from Maybelline® New York. ©2015 Maybelline LLC.

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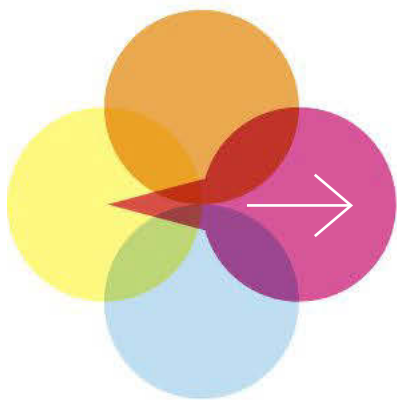
NEW THE *blushed* NUDES PALETTE

Our newest 12-shade collection, curated to create infinite looks with bolder blushes, provocative plums, and risqué roses.



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NEW YORK



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October 2015



Special

32 Ways to Get Comfy!

134 Go ahead, treat yourself: We've rounded up the warmest sheets, softest throw, friendliest bras, and more—because sometimes the comfort zone is the only place you want to be.



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116 THE SENSUOUS WOMAN

We believe that it's only when you've had time to get to know yourself—and what you like—that sex becomes truly interesting. In that spirit, we're celebrating the intimacy that's possible when you've done some living, and offering insights and advice to help you take your satisfaction to the next level.

142 YOU'RE GETTING WARMER

The fall forecast? Fabulous—with the season's best boots and an array of unabashedly luxurious coats in tailored tweed, faux fur, and supersoft shearling.

ON THE COVER: Oprah photographed by Ruven Afanador. Cover flaps: Sioux Nesi. **FASHION EDITOR:** Jenny Capitan. **HAIR:** Andre Walker. **MAKEUP:** Derrick Rutledge. **MANICURE:** Roseann Singleton at Art Department using Dior Vernis. **SET DESIGN:** Todd Wiggins for Mary Howard Studio. **On Oprah:** **FRONT COVER:** Blouse, Etrö. Jeans, White House Black Market. Hat, Satya Twena. Earrings, Jhadey Jewelry. Silver ring, Pandora. Stone rings, Heather Benjamin Jewelry. Bag, Roger Vivier. Shoes, Nicholas Kirkwood. **COVER 2:** Trenchcoat, Burberry. Sweater, Uniqlo. Skirt, J.Crew. Earrings, Silvia Furmanovich. Watch, Apple. Ring, Yossi Harari. Bag, Fendi. Shoes, Bally. **COVER 3:** Dress, St. John. Earrings, DANI by Daniel K. Watch, Tiffany & Co. Bracelet, Chanel Fine Jewelry. Ring, Mastoloni. Hairpins, Thomas Laine. *For details see Shop Guide.*



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"It has taken me a very long time... to give myself permission to fly."

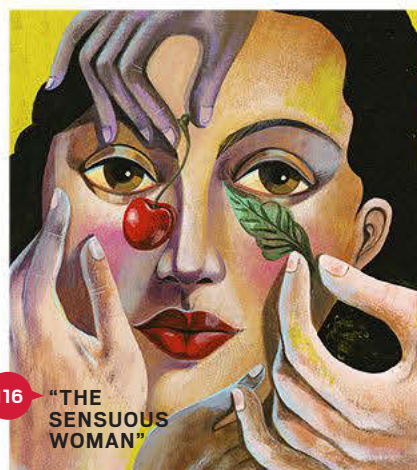


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134 "32 WAYS TO GET COMFY!"



116 "THE SENSUOUS WOMAN"

←
"Sexual energy is a life-force.... People who are connected to it exude a radiance that others can feel."

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Plus: THE WORLD ACCORDING TO GAYLE

Editor at large *Gayle King* applauds boundary-pushing women (hello, Cookie!) and the bread pudding that lured her all the way to Brooklyn.

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68 GREAT BUYS UNDER \$100

Graphic prints and athletic-inspired shapes mix and match for major style points.

O, Beautiful!

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Scents that hit all the right notes, from smoky bergamot to frothy mimosa—and the perfume counter's answer to the little black dress.

Plus: VAL'S BEAUTY BUZZ

Beauty director *Valerie Monroe* on the four products making her bathroom a little more spa-like, the three tips you need to layer your eye makeup like a pro, and more.

77 THE 2015 BEAUTY O-WARDS

If it's new, we sprayed it, swiped it, or smeared it, and now we present the cream of this year's beauty crop—along with a chance for you to win a selection of our favorites.

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Doctors and researchers are homing in on one factor with a startling impact on survival rates: race. *Sunny Sea Gold* reports.

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Joyce Carol Oates looks back at the girlhood that fueled her imagination...a rollicking new dystopian fantasy from Margaret

Atwood...Lauren Groff's art-world romance with a mythological twist...inspiring new works by friends of *O* Brené Brown and Elizabeth Gilbert...ten titles to pick up now, including the return of *Fear of Flying's* Isadora Wing and a new collection of Mindy Kaling's punchy, insightful true Hollywood tales...and more.

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151 WHAT'S YOUR COOKING STYLE?

Whether you love to nosh on comfort foods or exotic flavors, serve snazzy hors d'oeuvres or simple, healthy meals—or you just want to fix dinner without dirtying a sinkful of pots and pans—one of these seven ideas is sure to satisfy your appetite.

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"The fun starts now! We've got the best of 2015's beauty bunch."

"YOU'RE
GETTING
WARMER"

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CLOCKWISE FROM TOP RIGHT: MARKO METZINGER, GREGOR HALENDA, DEWEY NICKS, OLAF HAJEK, CATHERINE LEDNER, JOHNNY MILLER, RICK NEVES.

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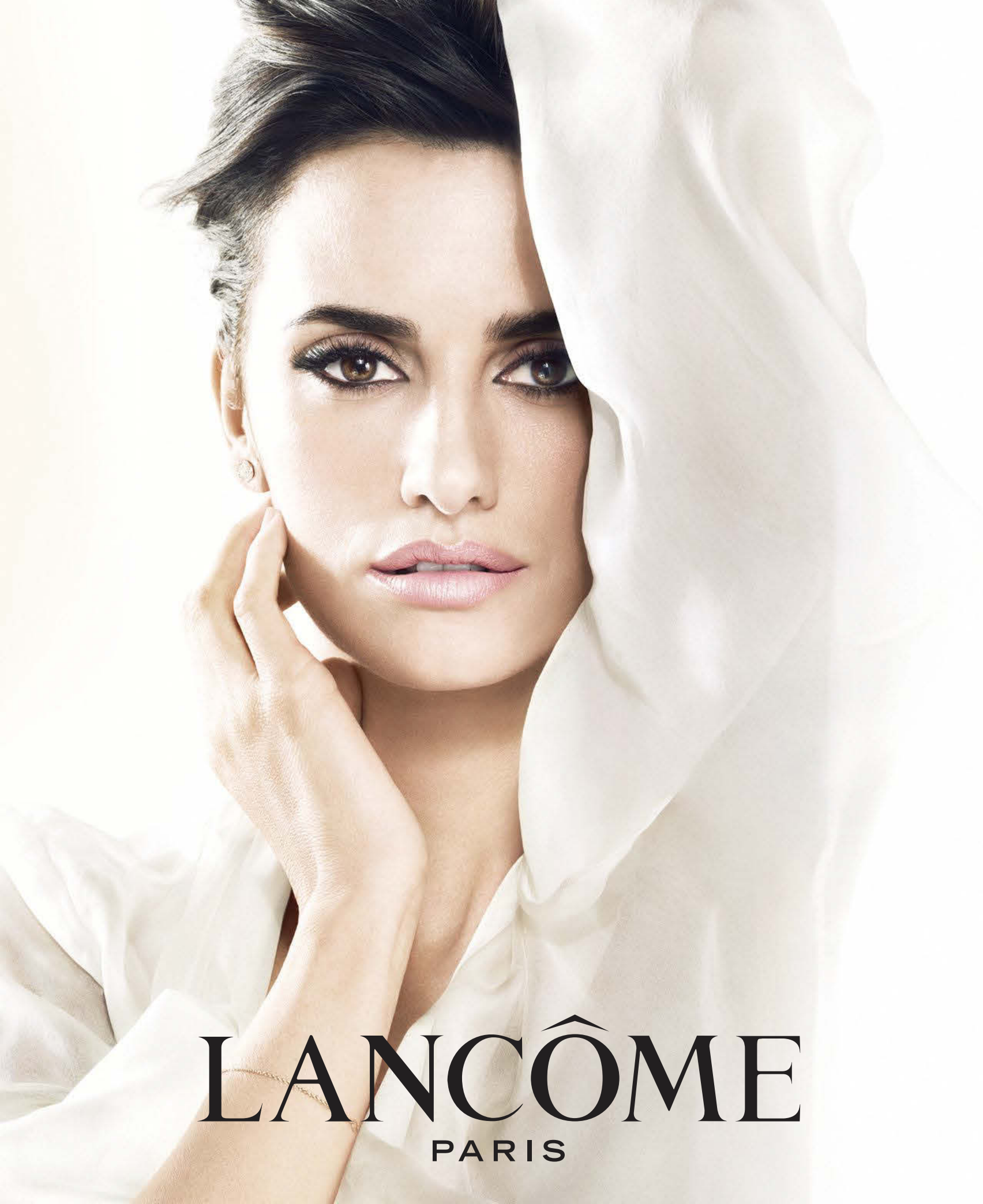


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INSTAGRAM TAKE-O-VÉR!

In our August issue, we invited
you to share your favorite summertime
snaps with us on Instagram by using
#OMagSummer. Here's a small
sampling of the thousands of sunny,
fluffy, colorful, and delicious photos
that were tagged.



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Be sure to check out the new
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Hair by Antoinette Beenders.

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LIFE

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Julianne Moore

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What activity is comfort food for your brain?

O

THE OPRAH MAGAZINE

Watching *Say Yes to the Dress*. I like to holler my preferences for trains and bustlines, which makes it interactive—like watching football.

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Oprah Winfrey

Doing *The New York Times*' Monday crossword puzzle—a.k.a. the easy one. I look forward to it every week.

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Baking—probably because it ends with comfort food for my stomach!

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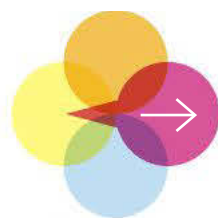
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Behind the Scenes

HAIR, a Love Story

Oprah pays tribute to her longtime stylist, Andre Walker.

CURLS ON FILM

Walker and Oprah at Pier 59 Studios in New York City in May. Says Walker: "I promised Oprah that I'm always available to her if she ever needs me."



Blipp this page or any of this month's covers to unlock an exclusive behind-the-scenes video of our October cover shoot. Need the Blipp app? Download it free. (Available for Apple, Android, and Windows.)

"I'VE BEEN WITH ANDRE for 30 years—longer than I've been with Stedman!" says Oprah, who met her hair guru in 1985, when she was the host of *AM Chicago* and Walker sent her a note saying he could make her hair look better. "And we've never had a fight." Now, three decades and countless cans of hairspray later, Walker is transitioning from his day-to-day styling duties to focus on his haircare line, available at andrewalkerhair.com. Fittingly, his last O cover—this month's glam trifecta—showcases his incredible range. "Andre can create so many styles," says O creative director Adam Glassman. "But he always makes sure Oprah looks like Oprah." As for the man himself: "Working with Oprah has been life changing," says Walker. "It's taken me from the White House to the slums of Mumbai to Tina Turner's house in the South of France. And along the way, it's given me a great spiritual teacher." —CLARISSA CRUZ



THE END OF AN ERA

Clockwise from above: Walker and his successor, Nicole Mangrum; Oprah and Walker roll with it; fashion editor Jenny Capitan, Glassman, and Oprah raise a glass to their mane man.



FROM TOP: RUVEN AFANADOR, SIOUX NESI (3)



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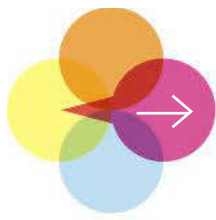
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The Question

This month we wondered...

When was the last time you stepped out of your comfort zone?



As a divorced parent, I spend most of my time arranging my schedule around my two teenage sons. So when a friend asked me to go to Europe with her, I thought she was crazy. But after she bombarded me with pictures of what the trip could be (and I shushed my cautious decision-making mind), I accepted. On the last night of our vacation I sat on a beach in Sitges, Spain, digging my feet into the sand and knowing my life had changed.

LORRI MURRAY
Kissimmee, Florida

When I attended a work conference alone. I can be a bit shy, but I decided to be bold and book a hotel room. I was surprised I could make connections with people I didn't know! That experience was a real confidence builder.

SHERRY RANSOM
Austin



After two years of sharing a small apartment with my boyfriend, I was looking forward to finally moving into a bigger space together. But three months before our lease ended,

he broke up with me and moved out, taking almost every piece of furniture (and most of my heart) with him. A few weeks later, I made the dramatic decision to renew the lease on my own. Now I have every square inch all to myself—and I'm filling it with new furniture, art, and positive memories that will last well beyond these walls.

SARAH JAYNE PALLEY
Cambridge, Massachusetts



Three years ago, at age 40, I bought a dirt bike to ride with my boyfriend. Our first time out, I fell and cracked my helmet—but I got back on and am still riding today.

DONNA WASELESHEN
Saskatoon, Saskatchewan

When I decided a few months ago to stop coloring my hair—for the first time in more than 50 years! The sides have grown into beautiful gray wings, and I've never received

so many compliments. Gray, you are here to stay!

PHYLLIS SHEERIN ROSS
Silver Spring, Maryland



When I became a mom at age 44. My wife had our twins last October, and it was the most frightening and beautiful day of my life. I thought being an older mom would push me out of my comfort zone, but I've spent the past year realizing that it did the exact opposite. I've found my home.

CINDY CORDOVA
Signal Hill, California

Last summer in Hawaii when I went parasailing and zip-lining. I'm afraid of heights and wanted to face my fear head on. Not only was it exhilarating, but I also discovered something about myself: I'm becoming more adventurous with age.

KRIS DZVONICK
Riverside, California

OUR NEXT QUESTION: If you could give a gift to the world, what would it be?

Tell us at oprah.com/question or email us at thequestion@hearst.com, and your response could be featured in our December issue.

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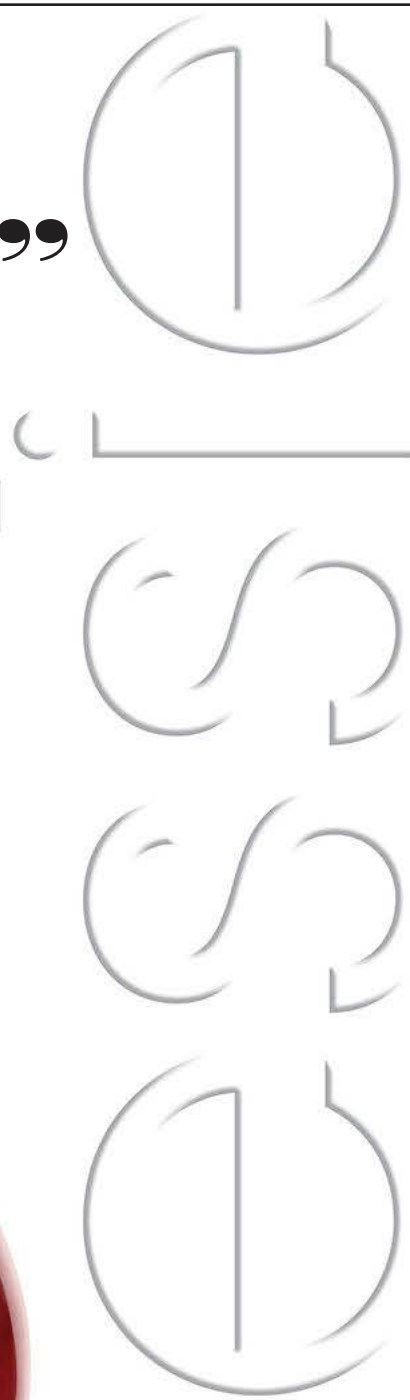


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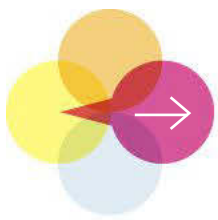
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We Hear You!

In July, you gained perspective.

Guidance to Go

The July issue arrived when I was in the hospital, and my son brought me my copy. Wow! The timing—and the very useful, interesting articles—could not have been more appropriate. I especially enjoyed “Our A-to-Z Guide to Relaxing.” Thank you so much for helping with my recovery.

HELEN BAXTER
Sammamish, Washington

Coverage Story

Your article “How Much Is This Gonna Cost Me, Doc?”—about transparency in medical pricing—couldn’t be timelier. New companies are working hard to create a rational and sustainable healthcare industry. However, until facilities and providers start to price for their patients, and not for third-party payers, consumers will be left to fend for themselves. We must tackle this issue and transform the insurance industry from the inside out. Thank you for shedding light on the inequity of healthcare pricing.

MARCEE CHMAIT
Portland, Oregon

Good Buys

O features such wonderful products each and every month. The O List’s unique items never disappoint (I love riding my new blue Electra Bike), and you can even buy things at a discount! Thanks, O, for being not only an empowering women’s magazine, but also one that caters to my shopping needs.

MARISSA McDERMOTT
Davie, Florida



Growth Potential

“Is There an Upside to Tragedy?” felt as if it were written about me. I knew about post-traumatic stress disorder, but I’d never heard of post-traumatic growth (PTG). Ironically, though, that’s what I’m going through: powerful growth that followed trauma. Even more ironic was the story’s opening image, a tree. My story starts with a tree as well—a thousand-pound limb that broke my neck in 2009. Like many survivors who are thriving with PTG, I wanted to share my story with the world. Last September, five years after my accident, I published a book about my experience. Here’s to looking up!

HEIDI SIEFKAS
Lihue, Hawaii

Farm Fresh

As an avid O reader and deputy secretary of the U.S. Department of Agriculture, I was thrilled to see “Home on the Range” in your June issue, featuring photographer Marji Guyler-Alaniz. In my work, I meet many inspirational women in agriculture, just like the ones in Marji’s photographs. The future of agriculture is brighter with these women leading the way. Thank you for your coverage of a great friend and advocate for agriculture’s hidden heroines—I hope to see more stories like this in the future!

DEPUTY SECRETARY KRISTA HARDEN
Washington, D.C.

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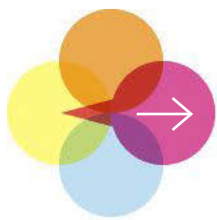
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Here We Go!

I

IT'S ODD, the way our culture talks, and yet doesn't talk, about sex. Everywhere you look, you see bikini-clad women in ads and pop stars grinding on the dance floor—but when was the last time you remember a song or commercial portraying the stuff of relatable, real-life sex? As in, the sex actual human beings actually have? Despite our fascination with “hotness,” talking authentically about what we do when the lights are low seems to make us awfully squeamish.

Well, forgive me, but...that's just silly! Sex is a tremendously important part of life, and whether you're having it, not having it, or having it alone, and whether it's good or bad or okay or everyday (or far, far from everyday...), opening up about your experience is a great way to make it even better. We encouraged women to tell us about their own sex lives this month, and what they revealed was heartening, inspiring—and surprisingly intimate (page 116).

Here's to talking about what's really going on in our lives—including what goes on behind closed doors. Happy bedroom to you!

Read on....

Oprah



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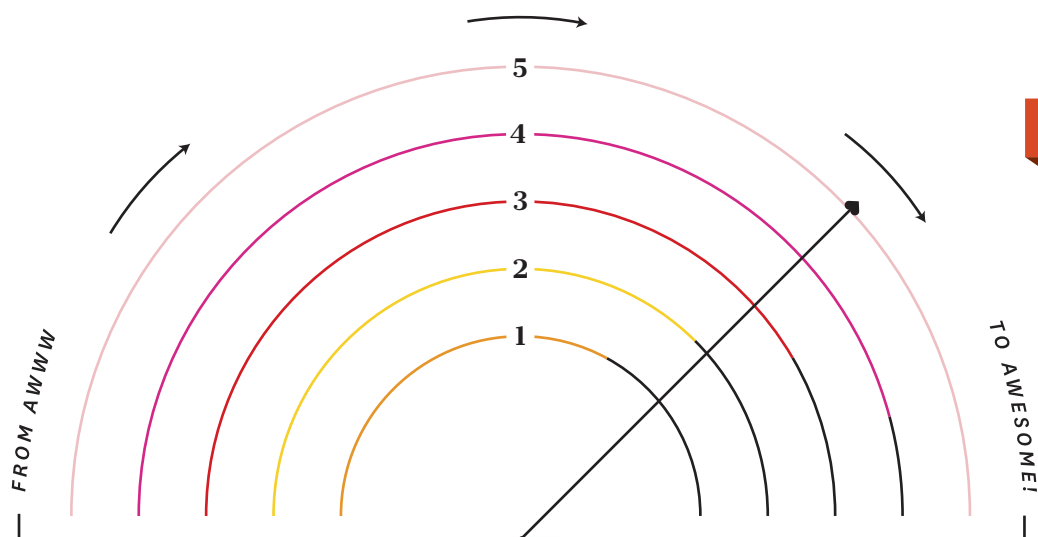
—SIRI HUSTVEDT, *The Blazing World*



FLICKR SELECT/GETTY IMAGES

The Gratitude Meter

Five things we can't stop smiling about this month.



1

MARK THEIR WORDS

You won't dare dog-ear again. British product designer Duncan Shotton's adhesive page markers help you keep your place, note favorite passages, and create tiny, magical landscapes (an icy polar tundra, New York City's skyline, cresting ocean waves) within your books. Read on! (dshott.co.uk)



2

CREATURE FEATURE

The gang's all here—and all grown up. On September 22 on ABC, the Muppets return to prime time in a mockumentary-style reality show (imagine Gonzo on *The Office*) that peers into the private lives of the lovable crew: Fozzie's mixed-species relationship! Miss Piggy's film career! Kermit's new love interest! Time to play the music and light the lights.



3

DROP STOP

Go ahead, rain on our parade. Developed by two Montreal-based designers, Catch My Drip is both a concrete sculpture that calls to mind a squat little volcano and an umbrella holder that collects water droplets to protect floors from puddles. When the umbrella is dry, you just empty the ingenious stand into the sink. (nonuseless.com)



4

BEST IN SHOW

The 67th annual Primetime Emmy Awards take place September 20, promising moments of high drama (will Jon Hamm finally win for *Mad Men*? can *Empire*'s Taraji P. Henson, a.k.a. Cookie, triumph over the Boo Boo Kitties?) and bursts of comic relief as *Saturday Night Live* alum Andy Samberg plays host. Don't touch that dial....



5

FISH TALE

To combat anemia, which is prevalent in Cambodia, epidemiologist Christopher Charles, PhD, developed a prototype for the Lucky Iron Fish, a metal trinket that, when added to boiling lemon water, can provide up to 90 percent of an adult's recommended daily iron intake. Off the hook! (luckyironfish.com)

—ZOE DONALDSON



TRAILBLAZER

Earning Her Stripes

Meet **Sarah Thomas**, the NFL's first full-time female official.

Are there training camps for officials?

There are. We're constantly being updated. There's no off-season for us; 365 days a year, we're watching footage and emailing each other about new rules and plays.

Jerry Rice's uniform had to fit a certain way. Marshawn Lynch eats Skittles. What's your ritual?

Hot coffee, whether it's 20 degrees out or 100. And though most officials shine their shoes in their hotel, it's my good luck routine right before I hit the field.

What are the gig's downsides?

The white pants! The material was terrible, and they clearly weren't made for women. I'm so happy that now we wear the black pants full-time—they're much more slimming.

What's life like when you're not out there on the sidelines?

I'm a pharmaceutical sales rep, so I'm driving around all day. I'm also a mom of two boys who are major football fans. They're more excited about going to games than the fact that their mom is an official.

How do you shake it off when a stadium full of fans is booing you?

I remind myself that they're mad at the play, not me!

—EMILY L. FOLEY

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TAKE NOTE

Saint Comes Marching In

A New Orleans native is jazzing up the small screen.

IN THE FIGHT FOR weeknight TV viewers, Stephen Colbert, the new host of *The Late Show*, has a powerful weapon: Jon Batiste, the spunky jazz pianist Colbert picked to be his bandleader. "People kept telling me I'd be a good fit after Stephen had confidentially offered me the gig," says the 28-year-old, whose band, Stay Human, will help him bring some New Orleans joie de vivre to the show. "All I could say was, 'I think so, too!'"

Raised in a musical family (his father is a member of the Batiste Brothers Band, a fixture in the NOLA music scene), Batiste began playing piano at age 11. At 17, he moved to New York City to study at Juilliard, where he picked up the "harmonaboard"—a handheld keyboard-harmonica hybrid—and formed Stay Human with friends. Their shows often end with a "love riot"—the group shimmying into the audience as Batiste leads a parade of revelers like the Pied Piper. "We call what we do social music," he says. "We even recorded our first album on the subway!"

The *Late Show* gig presents a new challenge for Batiste: staying put. "We've toured all around the world," he says. "Now we're in one city five nights a week. But Stephen gives me a lot of creative freedom, so I'm sure love riots will be happening—and plenty of other surprises." —Z.D.

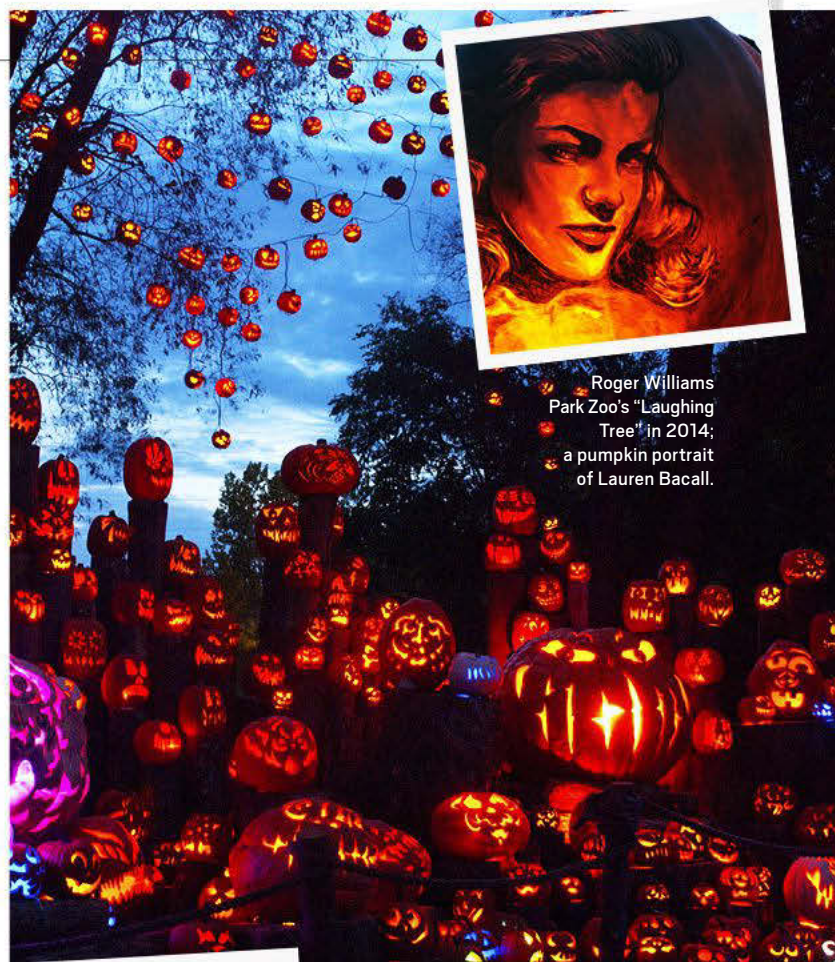
THE BOO Review

Three ways to get into the Halloween spirit.

GOLDEN GLOBES

Forget two triangles and a crooked smile. The most memorable of the 5,000-plus illuminated pumpkins at Rhode Island's Roger Williams Park Zoo Jack-O-Lantern Spectacular feature ethereal hand-carved portraits (the Beatles...Marilyn Monroe...Elvis) and scenes from movie classics (like *The Wizard of Oz* and *The Sound of Music*). The mastermind behind the multimedia displays is John Reckner, founder of Passion for Pumpkins, who shares his tips for stepping up your carving game:

1. "Bigger pumpkins just have a presence," Reckner says. Look for varieties like **Prizewinners**, which have a reddish hue, and **Big Max**, which give off a more impressive glow.
2. Use a kitchen spoon to scoop out pulp and seeds. Scraping the shell will help the pumpkin last longer and let more light shine through.
3. You don't need fancy tools to carve something special: Reckner's standby is a plain old paring knife.
4. To give your pumpkin a longer life, spray it with a diluted bleach solution or place it near a fan to prevent decay and keep pesky bugs away.



Roger Williams Park Zoo's "Laughing Tree" in 2014; a pumpkin portrait of Lauren Bacall.



COCKTAIL CAULDRON

Stir up a party-pleasing potion in two easy steps with this O exclusive Halloween recipe featuring Owl's Brew Witches Brew, a seasonal mixer of green tea, lemon, lime, and habanero pepper (\$20 for a 32-ounce bottle; available at Williams-Sonoma stores and williams-sonoma.com):

The Brewmstick

- 2 parts Witches Brew
- 1 part white rum

Shake ingredients with ice and serve on the rocks. Garnish with a cinnamon stick.

CANDY GRAM

Always end up with more Halloween loot than you can (or should) possibly eat? Your dentist might want to take it off your hands: The Halloween Candy Buy Back works with local dental offices to pay you a suggested \$1 per pound of candy, then ships it off to U.S. service members overseas (along with toothbrushes, of course). Founded by Wisconsin dentist Chris Kammer in 2005, the tooth-saving and troop-treating effort collected more than 12 million pieces of candy (over 400,000 pounds) last year. To find a participating dentist near you, visit halloweencandybuyback.com. —ELYSE MOODY



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GINA *Rodriguez*

The Golden Globe-winning star of *Jane the Virgin*—back for season 2 on the CW this month—on hitting the high notes and perfecting her left hook.

Best HALLOWEEN COSTUME

Willy Wonka. I wore all plaid with a purple trenchcoat and crazy hair. I was pretty impressed with myself. I'm not the kind of girl who's down with half-naked Halloween costumes. Get clever, people!

Best ADVICE

"Fear only exists between your two ears." From my dad! It's so true—whether you're afraid of confronting someone or going after a new job, the only thing really stopping you is *you*. So forget the excuses, get off your butt, and go do it!

Best GETAWAY

Utuado, Puerto Rico, an area that's barely been touched by people and has crystal clear water, huge waterfalls, and natural slides made of curved rock. It's like God's living room.

Best SHOWER SONG

"Latch" by Disclosure featuring Sam Smith. The acoustics in my bathroom are tremendous, so it's easy to convince myself I'm actually imitating Sam's big, beautiful voice.

Best WORKOUT

Boxing. My father, Genaro, is a professional referee—he's overseen hundreds of fights, with greats like Manny Pacquiao and Wladimir Klitschko—so he trained me at a young age. He always wanted to have a boy and name him Genaro Jr., but he got me instead. So Gina it was!

—AS TOLD TO ARIANNA DAVIS

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PAWS FOR EFFECT

A New York photographer is capturing canines at their cutest—and shining a light on pups in need.



WHEN ELIAS WEISS FRIEDMAN Instagrammed a photo of a dog he encountered in Vienna in 2013 (*top right*), it got more likes than anything he'd ever posted. "He was a boxer, and I just loved how goofy he looked," says Friedman, who was traveling after he'd been laid off from his job in brand strategy. "So much subtle emotion came through in that picture. I knew I was onto something."

The snapshot became the first image on *The Dogist*, Friedman's street-style blog featuring subjects on the sidewalks of New York and other cities. With the help of kneepads and some squeak toys, he captures charming portraits: a 6-month-old corgi with its head cocked inquisitively, a pair of regal greyhounds out for a walk

in the park, a fluffy papillon wearing tiny yellow rain booties. "The challenge with photographing people is making them look natural," Friedman says. "With dogs, it's the opposite: How can I get them to pose?"

Friedman also visits shelters around the country to take pictures of four-legged friends in need of homes. In February, when *The Dogist* featured a 4-month-old shih tzu from the ASPCA Adoption Center in New York, the center's phones rang off the hook. "Every shelter dog I've posted online has been adopted," he says. That inspired him to launch his "Give a Dog a Bone" campaign: Donate \$50, and Friedman will deliver a rawhide bone to an adoptable pooch, then post a photo



Clockwise from top left: Noodle, a 6-month-old shiba inu; Bruno, a 4-month-old German shepherd; the boxer who started it all; Pebbles, a 14-year-old Pomeranian; Milo, a 2-month-old French bulldog; a 3-month-old beagle whose new owner was still debating names; and Odin, a 5-month-old German shorthaired pointer.

of the pup with its treat.

This month Friedman is releasing a book that includes 1,000 of his canine portraits and collaborating with local animal shelters for the book tour. "So many dogs are mistreated or irresponsibly bred," he says. "I want to give them a voice. Plus, I get to play with dogs all day without picking up after them!"

—JUNO DEMELO





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THE WORLD ACCORDING TO Gayle

O's editor at large shares what she's loving this month.



WHEN I WAS A LITTLE GIRL...

I could never find a doll that looked like me. (No wonder I wanted a blonde ponytail in sixth grade!) But that was then, and now there's a new line of Barbies in town: The Fashionistas come in all kinds of facial shapes, skin tones, and eye and hair colors—because it turns out blondes don't have any more fun than the rest of us.



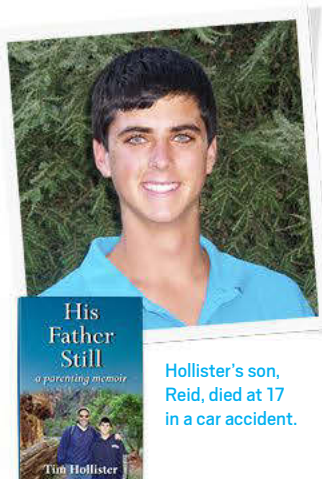
Taraji and me at the American Black Film Festival in June.

TARAJI P. HENSON TOLD ME... that Cookie Lyon is the best role of her career, and it's easy to see why. Every time she's onscreen, you know something is gonna go down. Maybe one of these days I'll find the courage to channel my inner Cookie and wear an over-the-top outfit, but for now I'm just looking forward to September 23, when *Empire* is back for season 2.



I KNOW WHERE I'LL BE...

the night of September 15: tuned in to NBC, watching *Best Time Ever with Neil Patrick Harris*. Who better than a guy with five Emmys and a Tony to host a live show filled with stunts, pranks, skits, mini game shows, musical performances, and audience giveaways? I'd watch Harris even if he were hosting a silent retreat!



Hollister's son, Reid, died at 17 in a car accident.

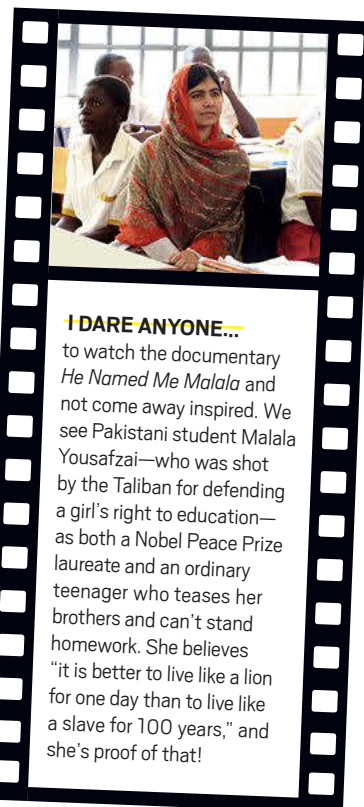
HOW WELL DO YOU KNOW YOUR KIDS?

His Father Still is Tim Hollister's painfully frank account of life with his son, Reid, who died at age 17 in 2006 when he crashed his car while hurrying to get friends home before curfew. After the accident, Hollister learned that automobile crashes are the number one cause of teen death, and in retrospect, he questions whether he managed to strike the complicated balance between permissive and protective when parenting Reid, with "the sparkling aqua-blue eyes." May Hollister's soul-searching serve as a cautionary tale for every reader.



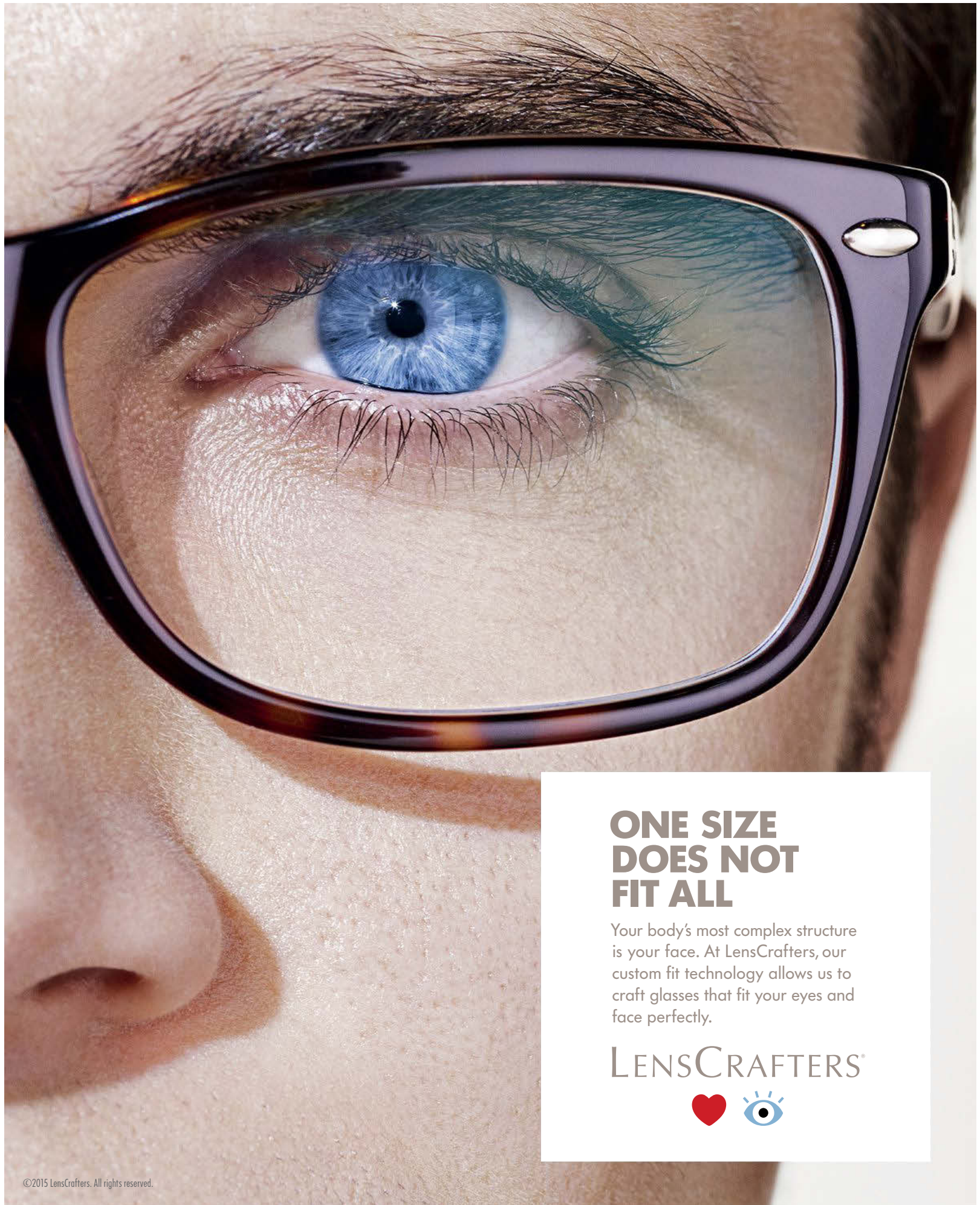
I'M ALWAYS LOOKING... for a good restaurant tip, and the best I received recently was Myrtle + Gold in Brooklyn. The neighborhood joint serves comfort food with flair—mac and cheese with parsley Parmesan bread crumbs; the world's crispiest roast chicken; bread pudding laced with bourbon caramel, apricots, almonds, and white chocolate. If you can't get there, you can find the recipe for the bread pudding at oprah.com/gaylesrecipes.

Must-eats at Myrtle + Gold: the chicken (above) and bread pudding (right).



I DARE ANYONE...

to watch the documentary *He Named Me Malala* and not come away inspired. We see Pakistani student Malala Yousafzai—who was shot by the Taliban for defending a girl's right to education—as both a Nobel Peace Prize laureate and an ordinary teenager who teases her brothers and can't stand homework. She believes "it is better to live like a lion for one day than to live like a slave for 100 years," and she's proof of that!



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May We Help You?

EXPERT ADVICE, INSIGHT, REALLY SMART MOVES

Being There

Martha Beck on the fine art of consoling someone.

MAYBE YOU CARE for children, elderly parents, or both.

Or you provide a shoulder for weepy friends. Maybe you work as a therapist. A nurse. A counselor. A bartender. Whatever you do, you probably spend a portion of your days comforting others—a task that demands real skill. Do it well, and it's both effective and rewarding; do it clumsily, and you'll end up feeling useless and (trust me, I've been there) depleted.

But *how* to do it well? It all comes down to three little words: Be like water.

Water is fluid, yet it tends toward stillness, and it's reflective. If you can embody these characteristics, you'll be able to benefit anyone in need.

Becoming mentally fluid means allowing people and situations to exist as they are without judging or trying to change them. This acceptance is important—it's the beginning of healing.

To be genuinely nonjudgmental, you need the second quality



of water: stillness. You may think it disloyal to be happy when others are sad, healthy when they're ailing, or loved when they're lonely. And the more sympathetic you are, the more likely you'll feel as bad as the person you're trying to help. Unfortunately, that's like seeing an accident victim bleed out, then grabbing a knife and opening your own veins.

There's a passage by the Persian mystic poet Hāfiz that reads, "Troubled? / Then stay with me, for I'm not." The best thing you can do for any troubled person is to become untroubled yourself. If I come to you with a broken heart and you feel sad for me, your job is not to stop my pain, but to return to happiness yourself. Instead of trying to feel better by fixing me, just feel better. This will give me the environment I need to solve my own problems. Everyone in distress just wants to walk beside still waters. Which brings us to the final water-inspired strategy for helping: reflectiveness.

Talk therapy owes much of its efficacy to the power of having a compassionate person reflect the thoughts of patients. But you needn't be a therapist to be that compassionate person. When someone comes to you with a problem, simply repeat the gist

of whatever you hear them say. Like this:

ME: I'm having the worst day! I'm swamped at work, and my dog is sick!

YOU: You sound awfully overwhelmed.

ME: I'm worried I won't have time to take care of Bonkers.

YOU: It's hard to juggle a job and a sick pet.

On paper, this may seem... stupid. But if you're the one struggling, you'll be amazed how supported this kind of listening makes you feel.

When I first discovered that fluidity, stillness, and reflectiveness were all I needed to help people, I felt almost guilty. "I'm not telling you anything!" I'd protest to people seeking advice. "All I ever say is that if you get quiet enough to hear your true self, it will always tell you what to do."

"Whoa!" the client would say.

And then when she described her feelings, I'd repeat what she said. It took no effort on my part, but it helped her. So the next time someone needs you, relax. Stay fluid. Get still. Reflect. And imagine me murmuring into your ear, "Be water, my friend." **O**



Martha Beck's latest book is *The Martha Beck Collection: Essays for Creating Your Right Life, Volume One* (Martha Beck Inc.).



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Suze Orman

The Tricks to Treating Yourself

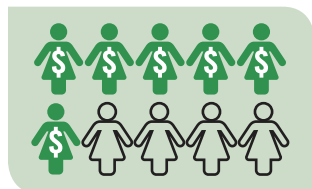
How to splurge, Suze-style.



I HOPE YOU'RE SITTING DOWN, because here's something you don't hear very often: I, Suze Orman, think it is okay to splurge. Once in a while. Under certain conditions. That's because giving yourself permission, and the budget, to enjoy life's little extras can be a major driver of financial success. Just like a weekly cheat day makes it easier to maintain a healthful diet, a treat here and there can help you stay committed to long-term financial goals—and, in the short term, deliver an extra shot of happiness. Here's how to splurge smart:

1 MAKE IT COUNT

Roughly six in ten women report that they indulge in retail



therapy. Too often, that's just pointless spending. To prove it, I hereby challenge you to go through your closets, drawers, and storage spaces and pull out everything you haven't used for at least one year that does not have significant sentimental value. (Bonus: Do the same with your



kids' stuff—what you splurge on for them can be mind-boggling.)

Most of those unused and untouched purchases will likely fall into one of two categories: *God, I was having a bad day* or *Hey, I was on vacation!* All of them should be a reminder of how fleeting the spending high can be.

2 MAKE IT SPECIAL

If the purpose of splurging is to feel happier, plan to:

☐ **Spend on experiences rather than things.**

Research has shown that we get more kick from what we do than from what

we buy. Meeting a friend for a movie or a mojito (or both!) is going to give you more lasting pleasure than just another sweater.

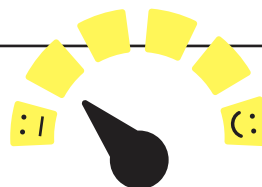


☐ **Do something different.**

In *Happy Money: The Science of Happier Spending*, Elizabeth Dunn and Michael Norton contend that in general we value infrequent treats more than everyday experiences. So stick with a regular cup of joe, and save your latte/frappé concoction for just once or twice a week. Something you do daily is not a treat; it's just part of your routine.

☐ **Splurge on time creators.**

If paying the teen next door to rake leaves or shovel snow frees up a weekend afternoon for you to do something you enjoy, that's a savvy splurge.



3 MAKE SURE THERE'S A PAYOFF

Before you shell out a penny, I want you to have this internal conversation: *On a scale of 1 to 10, with 10 being fabulous, how am I likely to feel one hour and one day after this purchase?* If you aren't at 9 or 10, come up with a better treat.



4 MAKE A BUDGET


Okay, time for the money talk. (You knew it was coming!)

Splurges must be paid for in cash. And in order to splurge, you must be on track with your finances. That means you have no credit card debt, and you're making automatic contributions to your retirement and emergency funds. After paying your bills and setting aside a respectable amount for

your long-term savings, here's the formula:

$$\frac{\$ \text{ left over each month } \times 0.2}{= \text{ Your Splurge Budget }}$$

If you have \$500 left over, you can splurge up to \$100 per month; if you have \$50, you get \$10. If that isn't enough to finance the treat you want, save up. The important thing: As long as there are financial goals you still haven't met, I don't want you spending more than 20 percent of your free cash flow on indulgences. The other 80 percent should be devoted to those goals.

I'll never stop saying that the ultimate indulgence is building a financially secure life. But if you can be mindful, sensible, and smart about it, you have my blessing to treat yourself. 

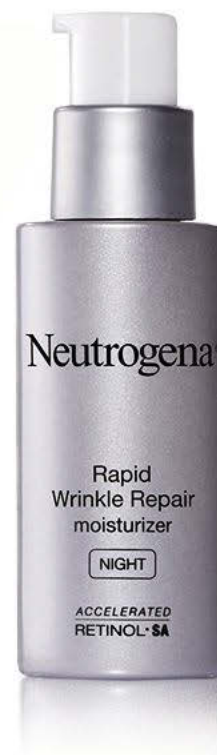
Suze Orman's latest book is *The Money Class: How to Stand in Your Truth and Create the Future You Deserve* (Spiegel & Grau).



COFFEE ILLUSTRATION: BART GASIOREK; ORMAN: SEAN LEE DAVIES; FASHION STYLIST AND HAIR: KIM ROBINSON; MAKEUP: ALICE SO AT KIMROBINSON.COM

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Dear Lisa

Jerky Men, Short Hair, Picky Eaters—and You!



Dear Lisa,

My friend Jane's new boyfriend, Peter, is a tool. When I asked him what he does for a living, he looked me up and down and finally answered, "I don't really think you'd get it." (He works in IT; it's not that complicated!) Jane's other friends and I always try to include him in conversation on our weekly couples night, but he either stares at the ceiling or plays with his phone. When he does decide to speak, it's to one-up somebody. We even caught him cheating at cards! Peter seems to treat Jane well, but for the rest of us, it's all disdain all the time. Jane hasn't been with anybody in a couple of years, so she's still in that "He's absolute perfection!" phase. Can we tell her that Pete is obnoxious? Or are we just stuck hoping they break up?

—BUMMED OUT IN BAKERSFIELD

My Dear Friend,

Here are your choices:

1. You can slip into a pair of stilettos and "accidentally" step on Peter's foot every time he condescends.... Of course, I'd be remiss in not mentioning that you do risk an assault charge and possibly some jail time, but if it's a first offense, what with prison overcrowding and all, you'll be home in an ankle bracelet before you can say "Orange is the new black."

2. You can give up on couples night and make a point of inviting Jane for some all-girl brunches. She'll eventually figure out what your sudden need for a yolk-free omelet is really about, so it won't actually spare her feelings in the end—but it will spare you more time with this guy if that's the important thing.

3. You can remember that there's a fine line between acting out of disdain and acting out of massive insecurity. It's hard to be the new kid at school. Perhaps Mr. Obnoxious is afraid his girlfriend's gang won't accept him, and that fear has the guy ricocheting between coming on too strong, refusing to engage at all, and cheating at cards. Okay, maybe not that last thing, but I think you get the idea. For Jane's sake, everyone needs to redouble their efforts to make him feel welcome. Ask where he

grew up, what restaurant he wants to go to, which movie he'd like to see, whether he'd ever experienced human contact or been a member of polite society before meeting Jane.

And yes, it could be that Jane has been lonely and has therefore chosen to turn a blind eye to her love's flaws; however, pointing this out is likely to do nothing but blow up in your face. The important thing is that he's good to Jane and she's genuinely happy. If and when this is no longer the case, it's a whole new ball game. But for now, all I am saying is give Pete a chance.

Dear Lisa,

I'm very tempted to cut my hair super short, but I'm afraid I'll look like Tweety Bird. Should I play it safe or take a short cut? —HEAD TRIP

Dear Potential Pixie,

There are those who claim that short hair works only if you have incredible facial features—think Halle Berry winning the Oscar for *Monster's Ball*. Others insist that you've got to have fabulous bone structure—think Halle Berry winning the Oscar for *Monster's Ball*. But let's assume you're one of the billions of people who have never actually won the Oscar for *Monster's Ball*—

what then? Well, in that case you've got to ask yourself one question: *Do I feel confident?* If the answer is "not particularly," then brace for a whole lot of "I tawt I taw a pudgy tat." But if you smile, wear something that makes you feel gorgeous, and carry yourself with grace and purpose, you're going to radiate chic. Rock the crop!

Dear Lisa,

My husband refuses to eat onions and garlic. Do you have any idea how hard it is to cook without onions or garlic?

—LIFE IN THE BLAND LANE

Oh, Sweetie,

Help me help you. If you'd begun your letter this way: "The only thing that distracts my husband from his incredibly disturbing rubber fetish is the need to feed his ongoing crack addiction using the money he's plundered from our joint savings account. And Lisa, as if that weren't horrific enough, the man refuses to eat onions or garlic!"—why, *then* I'd have something to work with. But as it stands, I'm thinking you've got yourself a picky eater with minty-fresh breath.

In marriage you've got to choose your battles—and having to put aside a batch of whatever you're cooking, minus the garlic and onions, or tell your husband he's responsible for his own meals on nights when you decide to spice things up, should not be anybody's Alamo. **O**



Lisa Kogan is O's writer at large and the author of *Someone Will Be with You Shortly: Notes from a Perfectly Imperfect Life*. To ask Lisa a question, email asklisa@hearst.com.

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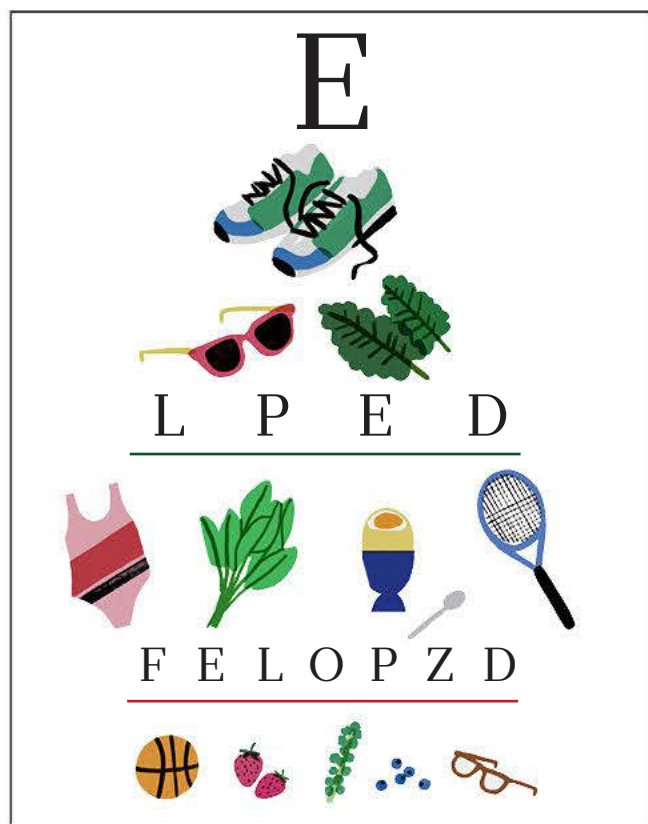
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Dr. Oz

What's Your Eye-Q?

More than 20 million American adults have experienced some form of vision loss. Here's how to see your way to better eye health.

According to recent polls, we fear losing our sight more than any other sense—and rank blindness among the four worst diagnoses we could receive, right up there with cancer, Alzheimer's, and HIV. Yet many of us don't prioritize the health of our eyes, even though there are simple, everyday steps we can take to help keep our vision in the clear. Start with these:



BLINK

Our obsession with technology has introduced a new threat: digital eyestrain. While one symptom, dry eyes, is normally no more than a nuisance, a 2014 study in *JAMA Ophthalmology* suggests that staring at a screen all day could lead to changes in the eye similar to those in patients with dry eye disease, a more serious condition in which the eye doesn't produce tears properly (or they evaporate too quickly). Researchers discovered that as screen time went up, the level of a lubricating substance found in tears went down. Why? The participants may have blinked less. Studies have shown that we normally blink 15 to 20 times per minute, but when we're using digital devices, that rate can be cut in half. Put a sticky note on your computer to remind yourself to take a break and blink!

EAT FOR YOUR EYES

Don't worry, I'm not going to tell you to add carrots to every meal. You can enjoy a range of foods that are good for your eyes if they're rich in lutein and zeaxanthin, two antioxidants found in veggies like dark leafy greens (think spinach and kale), Brussels sprouts, and corn. In one large-scale study, researchers discovered that women whose diets contained the highest amounts of these eye-healthy nutrients were 32 percent less likely to develop cataracts than those who ate the lowest.

WORK IT OUT

Research suggests that exercise may help prevent glaucoma, which can damage the optic nerve. A British study of more than 5,600 adults found that those who exercised regularly (more than an hour each day) were 25 percent less likely to have low blood flow to their eyes—circulation issues are thought to be a cause of glaucoma—than their more sedentary counterparts.

GRAB YOUR SHADES

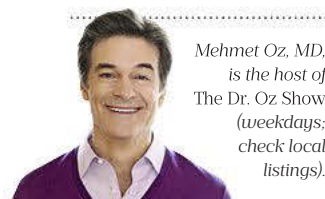
You know not to go outside without sunscreen—well, don't forget your sunglasses, either. The same UV rays that burn your skin and speed aging can also do serious damage to your eyes. In fact, UV exposure is responsible for an estimated 5 to 10 percent of cataract cases. The most important label to look for when scoping out a pair of sunnies: 100 PERCENT UV PROTECTION. That's the only way to know you're getting the best coverage while you're out in the sun.



Eye color can alert you to a few surprising health risks, according to research.

People with blue, green, hazel, or gray eyes are more susceptible to UV damage than those with brown or black eyes, possibly because lighter eyes contain less melanin, which provides UV protection. On the other hand, a 2014 report found that while brown-eyed folks are at lower risk for eye melanoma, they're at increased risk for cataracts.

Higher levels of melanin may absorb more heat and, as a result, could lead to degradation of the lens.



Mehmet Oz, MD, is the host of The Dr. Oz Show (weekdays; check local listings).



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May We
Help You?



How Often Should I Have My Eyes Checked?

Take this quick quiz to find out if it's time
for you to schedule an appointment.

How's your vision?



Eh, not great.

If you wear glasses or contacts, you may need to go annually to make sure your prescription is up-to-date. Yearly visits may also be necessary if you're being monitored for serious conditions like diabetes, glaucoma, or cataracts.

Are you under
or over
40?

Under

If you're a young adult with no risk of glaucoma or diabetes, you can get by with an eye exam every five to ten years. If you are at risk, consult with your doctor about more frequent visits.

Over

Because eye problems increase with age, regular eye exams should occur every one to four years, starting at age 40.





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The List

ANIMAL LOVERS' EDITION

A few things
we think
are just great!

Dogs featured
on these pages
are rescue
animals from the
Humane Society
of New York.

Rainy Day Beagle

Here's a look that's slick enough for your dog to go straight from office to cocktails without getting soaked to the bone. This machine-washable hooded raincoat, available in an array of sizes, is lined in a stylish striped cotton. (**Nantucket slicker**, originally \$44 to \$49, now 20 percent off with code OPRAH; upcountryinc.com)



▲ Charmed, I'm Sure

This custom necklace—designed by Theresa Caputo, a.k.a. the Long Island Medium—is created from a photo of your pet, letting you keep him forever close to your heart. (Sterling silver custom charm and chain, originally starting at \$135, now 20 percent off with code OPRAH; jeweledmoments.com)



▲ See Spot Run

When you're away, does your dog play? Attach this jaunty bow to her collar to track how much she's sleeping, walking, jumping, and running around; her activities will be forwarded to you via a free app. (Originally \$99 each, now 20 percent off with code OPRAH; wonderwoof.com)



Watch and Play

Keep tabs on your pets, talk to them, and frolic with them even when you're away with this ingenious device that is part video camera, part laser pointer—all accessible from your smartphone. (Originally \$199, now 20 percent off with code OPRAH; petcube.com)



◀ Off the Leash

What's the well-dressed pooper-scooper carrying this season? An Italian leather waste-bag holder (available in four vibrant colors; holds standard bag rolls) with brass hardware and free embossed personalization. Matching leash and collar sold separately. (Bag holder, originally \$45, leash, originally \$74 to \$85, and collar, originally \$48 to \$62, now 20 percent off with code OPRAH; graphicimage.com)



Higher Ground ▶

Petite pups and old dogs alike will benefit from this easy-to-clean, lightweight ramp that helps them climb into bed with you. (Trimaran Stripe Wamp, originally \$225, now 20 percent off with code OPRAH; dashandalbert.com)



◀ Plush Life

No need for your dog to shake it off, thanks to this deliciously thick, oversize, made-in-the-USA terry cotton towel, part of the new pet product line Le Roar (co-owned by actress and animal lover Lucy Liu) and decorated with the brand's signature canine print. (Le Silhouette Towel, originally \$55 for large, now 20 percent off with code OPRAH; leroar.com)



Tassel Tussle ▲

Whether you're trying to ease separation anxiety or just start a good tug-of-war, this nontoxic rubber chew toy—a favorite of Oprah's dogs—has a secret compartment to hold peanut butter and other treats. (Tassel rubber toy, originally \$16, now 20 percent off with code OPRAH; harrybarker.com)

In a Lather ▶

Humans have long luxuriated in Malin + Goetz's shampoos, and now their dogs can suds up in natural botanicals and hydrating ingredients that cater to sensitive skin. Perfect after a long day of fetch. (Dog shampoo, originally \$28, now 15 percent off with code OPRAH; malinandgoetz.com)



▼ Fancy Feast

Who needs Wedgwood when you can feed your finicky feline with these playful resin and stainless steel food and water bowls? (Tigrito, originally \$68, now 20 percent off with code OPRAH; store.alesi.com)





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visit Dove.com





Zip It

Your essentials will travel in style with these canvas pouches, decorated with images based on hand-drawn animal illustrations, from Ellen DeGeneres's new lifestyle collection. **(\$40 each; edbyellen.com)**

Lap It Up

Excellent and affordable, these Chateau La Paws wines come in seven varietals and are wonderful in many ways: Not only do the labels feature adorable rescue dogs, but the brand also supports North Shore Animal League America, a no-kill animal rescue and adoption organization.

(\$13 each; thewinebar.com)



Plaid to the Bone

In trendy buffalo plaid, this treat canister, created by fashion designer Adam Lippes in a collaboration with Target, adds a modern touch to any milk bone. **(Adam Lippes for Target dog treat canister, \$30; available at target.com September 27)**

Fur Sure

Give your allergy meds and lint roller a break with this powerful 1,200-watt vacuum specifically designed for cat and dog hair. It features a sealed filter system that doesn't release allergens back into the air and a handheld turbo brush attachment for extra-thorough cleaning.

(Dynamic U1 Cat & Dog Vacuum, \$649; mielestore.com)



Cat in a Cradle

Prevent furniture destruction with this sleek, beautifully designed two-piece cat scratcher whose sections can be positioned together or separately—in case kitty likes to sharpen her claws on the couch *and* the bed. **(Arty cat scratcher, originally \$69, now 15 percent off with code OPRAH; petplay.com)**



Hot Diggity

Dog cannot live by kibble alone. These delicious dead ringers for people-food, made with natural ingredients (like honey, yogurt, whole wheat flour, and carob, a safe-for-dogs chocolate alternative), are perfect for the foodie French bulldog in your life. **(Originally starting at \$1.50 each, now 20 percent off with code OPRAH; woofablesbakery.com)**

Pooch Posh

These notecards aren't just a luxurious canvas for handwritten missives. Artist Rory Mackay creates an original illustration based on a photo of your pet that's letterpressed into each note. **(Bespoke set of 50 cards and envelopes, originally \$540, now 20 percent off with code OPRAH; rory-mackay.com)**





PRO PLAN®

SHREDDED BLEND FOR CATS

New!



CRUNCHY
KIBBLE

TENDER
MEATY PIECES

Plate and food enlarged to show texture.

extraordinary
NUTRITION
+
exceptional
TASTE

With **40%** protein, including real chicken or salmon as the first ingredient, new Purina® Pro Plan® Savor® Shredded Blend adult dry cat food is an ultimate combination of crunchy kibble and tender, meaty shreds. This is **Nutrition that Performs®**.

Available exclusively at pet specialty retailers such as:

PETSMART

petco

PET SUPPLIES PLUS

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**SAVE
\$2.00**

204042

ON ONE (1)
BAG OF
PURINA®
PRO PLAN®
brand Dry Cat Food
SAVOR®
SHREDDED
BLEND





Love That!

CLASSIC COPPER, ALL ABOUT PLAID, HOW TO WEAR THE NEWEST KNITS

Why It's Worth It

Durable and beautiful, **MAUVIEL COPPER POTS AND PANS** are a chef favorite that combine restaurant-quality workmanship with display-worthy design.

THE CRAFTSMANSHIP The cookware has been produced since 1830 by artisans in a Normandy village known for copper manufacturing. Initially, you could find it only in French restaurants and hotels, but now Mauviel offers cookware in more than 50 countries. It became available to home cooks in the U.S. about ten years ago.

Mauviel M'héritage 150 seven-piece set with cast-iron handles, **originally \$1,275, now \$900** until December 31 (five-piece set also available, **originally \$900, now \$600** until December 31); mauvielusa.com

THE EXTRAS These cast-iron handles provide more heft than stainless steel or bronze versions. The handles are riveted to the cookware, which comes with a lifetime guarantee: Mauviel will repair or replace any piece that breaks during normal use.

THE MATERIALS Made of 90 percent copper and 10 percent stainless steel, the 1½-millimeter-thick pans give you the best of both worlds: the thermal conductivity of a copper exterior (they'll heat quickly and cook food evenly) and the nonreactive qualities of a stainless steel interior (which means that unlike all-copper pots, which can give alkaline or acidic foods a metallic taste, they're perfect for any cooking job).

COST PER USE*

Take good care of them (hand-wash the interior with a mild dish soap and water, then dry thoroughly; use copper polish to remove exterior stains and tarnish), and these pots and pans will look gorgeous for generations.

\$900

ONE
YEAR =

\$4.32
PER USE

TEN
YEARS =

43¢
PER USE

20
YEARS =

21¢
PER USE

*Assuming you use the cookware four times per week.

life is
theorizing
where babies
come
from,

and a memory foam
mattress so you
can sleep like one

SULTAN HANSBO
king memory foam
pillowtop spring mattress

\$499

25
Year Limited
Warranty
INCLUDED

first59.com

SULTAN HANSBO king memory foam pillowtop spring mattress \$499 25-year limited warranty. See your local IKEA store or IKEA-USA.com/warranty for details. A 1 1/2" thick layer of memory foam in the integrated pillowtop responds to your touch and temperature, conforming to your body's contours for precise support. 11" thick. Comfort: Soft. See IKEA store for limited warranty and country of origin information. Valid in US IKEA stores.





Love That!

ADAM'S

STYLE SHEET

HOME EDITION



PICTURE-PERFECT

Campion five-by-seven-inch frame, \$195; ralphlauren.com



FAIR AND SQUARE

Threshold table lamp in tan plaid, \$60; target.com

CHANEL FALL 2015 RUNWAY

STEP IT UP

Sidney lace plaid boots, \$120; bogsfootwear.com

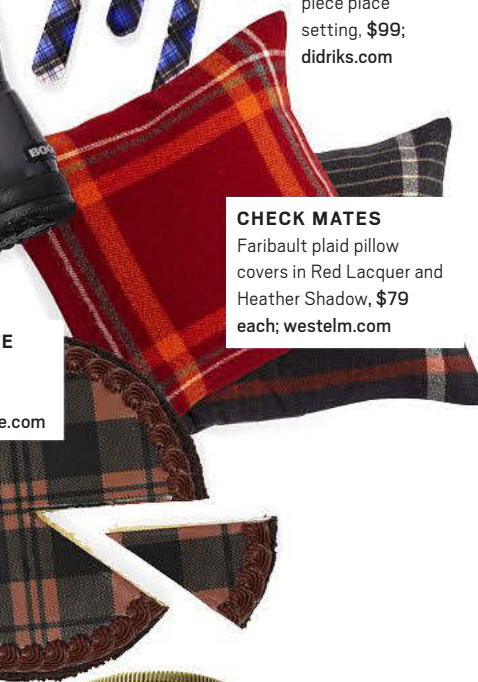


YOUR SERVE

Sabre Kilt five-piece place setting, \$99; didriks.com

CHECK MATES

Faribault plaid pillow covers in Red Lacquer and Heather Shadow, \$79 each; westelm.com



IN GOOD TASTE

Plaid ganache cheesecake, \$45; juniorscheesecake.com



Mad for Plaid

Nothing says fall like the traditional pattern, which is sashaying straight from the runway into home decor.

LUMBERJACK SPECIAL

Vintage Thermos tote with corduroy handles and bottom, \$56; crabandcleek.com



ALL TARTANED UP

Madart Inc. Multi Blues Plaid Baroque mirror, \$99 to \$149; denydesigns.com



IN THE CLEAR

Plaid jars, \$8 each; fishseddy.com



CHECKERED REPAST Greta egg cup, \$40 each; shop.ensioie.com

DEVON JARVIS/STUDIO D. PROP STYLING: JULIE FLYNN FOR HALLEY RESOURCES. RUNWAY: VICTOR VIRGILE/GAMMA-RAPHO/GETTY IMAGES. LAMP: COURTESY OF COMPANY. GLASSMAN: ROBERT TRACHTENBERG.



Chef's Paradise



If you can look at what is and imagine what could be, Houzz can help. Hire a professional, get ideas and shop thousands of products. So, whether you're looking to renovate or redecorate, Houzz has everything you need to improve your home. **Get started now.**



THINK PINK

WITH BCRF BREAST
CANCER
RESEARCH
FOUNDATION

The Breast Cancer Research Foundation, the only A+ rated breast cancer organization in the U.S., is dedicated to ending breast cancer by advancing the world's most promising research. You can be the end of breast cancer. Shop these great brands and with every purchase you support innovative lifesaving breast cancer research. Get shopping! **#BetheEnd**

1



► **ANN TAYLOR CARES COLLECTION** With delicate emblems tied to powerful symbols, the Ann Taylor limited-edition bracelet (\$59.50) and necklace (\$49.50) each tell a story of love, hope, and endurance. Available at Ann Taylor and anntaylor.com. **50% of purchase price donated to BCRF.**

3



► **TRUE GLOW BY CONAIR** The True Glow Sonic Skincare Brush is clinically proven to be twice as effective as cleanser alone. Regular use reduces redness and visible pore size by 30% and there is a 98% reduction in environmental toxins. Get glowing with True Glow! \$49.99. Available at conair.com. **Conair donates \$110,000 annually to BCRF, regardless of sales.**

4



► **BON-TON KEEPING IT COOL SET** Keep your lunch cool at work or on the go with this insulated lunch tote. Set of two totes in stripes and flowers, \$10. bonton.com. **\$2 of purchase price donated to BCRF.**

5



► **CUISINART** Cuisinart combines power, speed, and convenience in this versatile 220-watt hand mixer. One-touch convenience delivers 7 speed options, digitally displayed right on the handle. A SmoothStart® feature, with 3 extra-low speed settings, \$59.95. cuisinart.com. **Cuisinart donates \$32,500 annually to BCRF, regardless of sales.**



6

► **TYR SPORT** With a classic cut leg, medium neckline, supportive straps and UPF 50+ protection, the TYR Pink Halter Controlfit Swimsuit is a great way to dive in. tyr.com. **\$5 of purchase price donated to BCRF.**

► **LOFT LIMITED-EDITION JEWELRY COLLECTION** Our exclusive necklace (\$69.50) and earrings (\$39.50) were designed to help women battling breast cancer and those, like you, who support such a meaningful cause. Available at LOFT and loft.com. **70% of purchase price donated to BCRF.**



7



► **HIPFITS PINK COLLECTION** Adorn everything from backpacks to handbags to keychains and more, HipFits are the perfect way to bring an extra dose of personal style to the accessories we can't live without, \$9.99. hipfits.com. **\$3 of purchase price donated to BCRF.**

8

► **CAROLEE** Top of the Rock Collection. Multi-faceted stones and beads with touches of pearl in fall's chocolate and topaz colors. Purchase the 5-strand necklace (\$110) or earrings (\$45) at Macy's or macys.com. **\$5 of purchase price donated to BCRF.**

9



► **ALEX AND ANI®** The Spiral Sun Expandable Wire Bangle is designed to remind us to feel the sun's warmth, nourishing as it shines upon us, and receive its vital force, \$38. alexandani.com. **20% of purchase price donated to BCRF.**



10

PINK WITH A PURPOSE
Limited Edition Clinique
Cheek Pop in Berry Pop
with Pouch, \$22.

\$4 of purchase price
donated to BCRF.



GREAT SKIN, GREAT CAUSE
Limited-Edition Jumbo
Clinique Dramatically
Different Moisturizing Lotion+
with Breast Cancer Awareness
Keychain, 6.7 fl. oz., \$38. \$10
of purchase price donated
to BCRF.



11

COACH WATCHES Luxury meets fashion
with the Coach Waverly Charm Bracelet
Watch, a feminine timepiece with an
elegant, whimsical edge. A special pink
horse and carriage logo adds a subtle pop
of color to a delicate 23mm stainless-steel
case, while the chain-link bracelet features
an array of intricately rendered charms,
including Coach's signature hangtag and the
Breast Cancer ribbon motif. macys.com.
10% of purchase price donated to BCRF.



12

RABBIT AIR'S BIOGS 2.0 This stylish
air purifier absorbs odors, pet
dander, smoke, and contaminants
while giving back nothing but clean
air in return. BioGS Ultra Quiet HEPA
Air Purifier BCRF Special Edition,
\$399.95. rabbitair.com/BCRF. 5%
of purchase price donated to BCRF.



13

**APOLLO TOOLS 39-PIECE GENERAL
TOOL SET** Get the job done with this
tool set, which has everything needed
for most repairs around the house, \$29.
apollootools.com. Since 2006, Apollo Tools
has donated over \$500,000 to BCRF.
50¢ of purchase price donated to BCRF.

14

TARA PEARLS Wear one, two or
all three of these beautiful natural
color freshwater pearl cultured
stretch bracelets. Great to dress
up or wear casual anytime, \$30.
tarapearls.com. 10% of purchase
price donated to BCRF.



15

SMARTCIRCLE FW1 Pink Promotion-
FW1 Waterless Wash and Wax is an
exclusive formula that tames and
removes dirt from your car's exterior
surface. Products are sold at onsite
demonstration events through Smart
Circle's independent corporate
distributors. Since 2013, the FW1 Pink
Promotion has resulted in \$5 million
donated to BCRF. [smartcircle.com/
smart-circle-and-bcrf](http://smartcircle.com/smart-circle-and-bcrf). 50¢ per
specially marked can is donated to
BCRF regardless of purchase.



16

PINKTOBER Hard Rock
International's PINKTOBER
campaign raises awareness
and funds for breast cancer
research, and fans can give back
by purchasing its collectable pin.
hardrock.com. 75% of retail price
donated to BCRF.

PENTEL EnerGel® Pearl is the
smoothest-writing gel pen.
Fast-drying ink is great for left
handers - no smears, no smudges,
no globs. Stylish pearl barrel
with pink and stainless
accents. pentel.com. 5¢ of
purchase price donated
to BCRF.



17

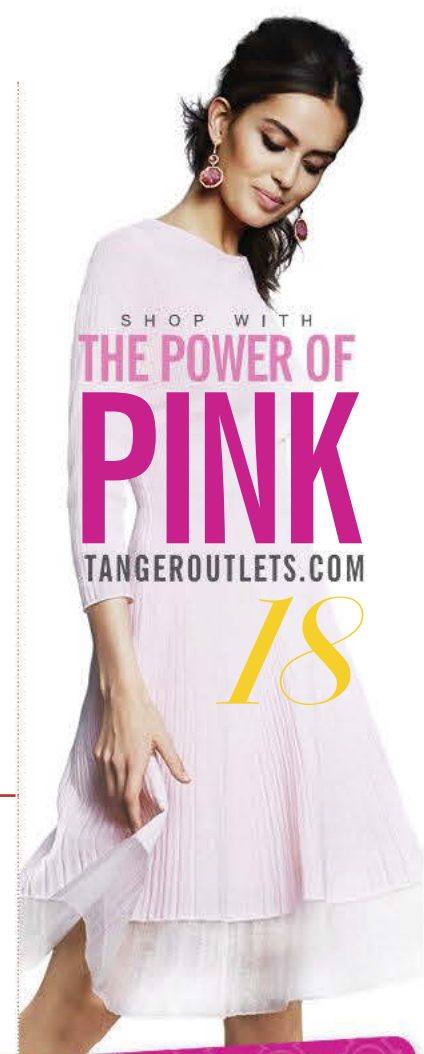
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CARD**

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from Tanger Shopper Services
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receive 25% off any item at
participating stores. Shop with
#TangerPinkPower and save
stylishly as often as you like
during October. Purchase of the
Powerful Pink card benefits BCRF
and supports Tanger's pledge
commitment of \$500,000.

**Tanger
Outlets**

#TANGERPINKPOWER





Love That!

ADAM'S

STYLE SHEET



Knit Picks

Sweater weather is here, so cozy up to the season's fresh and flattering styles.

Whether you like Mod and boxy, sleek and shaped, or fit and flare, there's one for your figure!

THE KNIT DRESS



DRESS,
Orla Kiely,
\$391

BAG,
Charming
Charlie

BOOTS,
H&M Studio



\$525; jonathansimkhai.com



Calvin Klein, \$134; macys.com



DB Fashion Studio for Dressbar
at Dressbarn, \$54; dressbar.com

THE KNIT SKIRT



SWEATER,
Club Monaco,
\$429

BAG, Auxiliary
for Aritzia

SKIRT,
RD
Style,
\$70

BOOTS, Stuart Weitzman



Nic + Zoe, \$158;
lordandtaylor.com



Joseph, \$245;
joseph-fashion.com



\$98; rebeccaminkoff.com

THE STATEMENT SWEATER



SWEATER,
Elizabeth
and James,
\$485

BAG,
Dune
London

JEANS,
Gap,
\$80

HEELS, Ted Baker London



LC Lauren Conrad,
\$54; kohls.com



\$395;
toryburch.com



\$475; rodebjerr.com

THE EXTRAS!

Cuddly pieces to keep you toasty from head to toe.

POM-POM HAT



\$150; annakula.com

CHUNKY SCARF



\$189; woolandthegang.com

LONG CARDIGAN



\$89; loft.com

RIBBED TIGHTS



\$13; hue.com

For details see Shop Guide.

Forgiving and subtly sexy, these bottoms are fab for fall. Add tights and a warm sweater when you're feeling really chill.

"Notice me" embellishments like fringe and pom-poms add wit to your knit; pair with simple bottoms to balance the bulk.

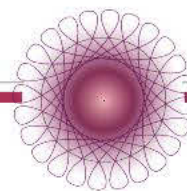
THIS PAGE AND FLAP: MARKO METZINGER/STUDIO D. STYLIST: JESSIE LIEBMAN/R. J. BENNETT REPRESENTS. EARRINGS: COURTESY OF COMPANY GLASSMAN; ROBERT TRACHTENBERG.





chico's
fall 2015 | new statement jackets





Six Easy Pieces for Fall

O creative director **Adam Glassman** helps you refresh your autumn wardrobe with a few updated classics.



LEATHER JACKET

An aviator-style jacket will be the frequent flier of your closet. You can dress it up for day with a pencil skirt and heels, or make it weekend casual with a tee and boyfriend jeans. **JACKET**, \$99; joeefresh.com

KNIT BODYSUIT

The genius of this piece? It looks like your favorite body-skimming sweater, but gives you a tucked-in look minus the bulk. Pair it with everything from a ball skirt to slim pants.

BODYSUIT, Tuxe, \$136; tuxebodywear.com



POORBOY SWEATER

I love a good poorboy—consider it a sexy take on the turtleneck—and am so glad this classic is back in style. Try it with a corduroy skirt or flares. **SWEATER**, Warehouse, \$68; warehouse.andotherbrands.com

ANIMAL-PRINT ACCESSORIES

I've said it before, and I'll say it again: Animal print is the new neutral. But if you don't want to go full-on *rawr*, choose a spotted shoe or bag to rev up your look.

BOOTIE, Nine West, \$139; amazon.com



BROWN CROSS-BODY BAG

More versatile and less expected than black, a luggage-colored bag complements brights and neutrals alike. This structured version is polished enough for the office.

BAG, & Other Stories, \$225; stories.com

GOLD STATEMENT HOOPS

Gold adds a warm glow to most complexions, and head-turning hoops (with a minimum diameter of 1½") are beautiful face framers, no matter how you wear your hair. **EARRINGS**, Kendall Conrad, \$210; kendallconraddesign.com





Love That!

GREAT BUYS UNDER \$100!

Fall fashion gets futuristic, with rich textures and space-age details.



\$37

Knot this chunky scarf over your fall outfits to add style and warmth. shiraleah.com



\$82

The classic pump gets an ultramodern update in silver. asos.com



\$68

A skinny knit top and a faux-leather vest (check out the waist-whittling drawstring!) are a pretty tough act to follow. *Knit top, topshop.com. Vest, Simply Vera Vera Wang; kohls.com.*

\$70



\$39

If a tuxedo pant and a track pant had a love child, this sporty look would be the result. joefresh.com



\$20

Bold Roman numerals make this watch an on-trend combo of modern and classic. charmingcharlie.com



\$60

This fit-and-flare knit dress flatters most body types. *Dress, I Heart Ronson; jcpenny.com. Belt, express.com.*

\$40



BALENCIAGA FALL 2015 RUNWAY

\$30



A graphic-print pencil skirt with slimming sidestripes is guaranteed to get second looks. tjmaxx.com



\$95

These ultrasleek kicks are too cute to save for the gym. [Aldo; aldoshoes.com](http://aldoshoes.com)



\$30

In elegant tweed with faux-leather accents, this draped-collar jacket looks like an investment piece. Fresh; walmart.com



\$95

Punch up neutral outfits with a color-blocked tote. dunelondon.com

"How to be a pattern mix master? Choose pieces in the same color palette."

—O CREATIVE DIRECTOR ADAM GLASSMAN

MARKO METZINGER/STUDIO D. STYLIST: JESSIE LIEBMAN/R.J. BENNETT REPRESENTS. PUMP AND SNEAKER: COURTESY OF COMPANIES. RUNWAY: CATWALKING/GETTY IMAGES.

Fit to flatter.



any age and any figure.

LISETTE L[®]
MONTRÉAL

From capris to boot cuts,
skinnies, flares and straights,
you'll find your perfect fit.

lisette-l.com/oprah

Model is wearing style #1505

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MARY KAY

we **LOVE**

lipstick that speaks louder than words.



True Dimensions®
Lipstick
Shade shown: Mystic Plum

discover what you **LOVE**®

SKIN CARE | COLOR | FRAGRANCE | BODY CARE

Discover what you love with a company that believes in empowering women to be themselves.
Connect with us and your own Independent Beauty Consultant at marykay.com.

O, Beautiful!

THE O-WARDS RETURN: 2015'S BEST BEAUTY BUYS! SEE PAGE 77

LOOK WHAT
WE FOUND!

On the Dot

Step right up! And welcome to the haute couture big top, where Miu Miu's first fragrance, **Miu Miu** (\$86 for 1.7 ounces; neimanmarcus.com), performs a gorgeous balancing act of lily of the valley, rose, jasmine, and patchouli. The sky blue opaque glass bottle, playfully capped with a translucent red disc, captures the mood of this bold, exuberant floral to perfection.

STYLIST: ALMA MELENDEZ

PHOTOGRAPH BY *Jeff Harris*

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O, Beautiful!

Eau La La

Hit the right notes this fall with a standout scent.

1. AFRICAN LEATHER BY MEMO

The essence: smoky, bracing, and dense with bergamot, cardamom, geranium, leather, and musk (\$250 for 2.5 ounces; bergdorfgoodman.com)

2. GUCCI BAMBOO BY GUCCI

The essence: warm, light, and fruity with sandalwood, Tahitian vanilla, amber, Casa Blanca lily, and orange blossom (\$115 for 2.5 ounces; macys.com)

3. HAWAIIAN PLUMERIA BY LISA HOFFMAN

The essence: full-bodied, clean, and sweet with Hawaiian plumeria, coconut, green foliage, and orchid (\$65 for 2 ounces; lisahoffmanbeauty.com)

4. ALAÏA PARIS BY AZZEDINE ALAÏA

The essence: soft, floral, and slightly spicy with pink pepper, freesia, peony, and musk (\$150 for 3.3 ounces; saksfifthavenue.com)

5. LIQUID CASHMERE BLACK BY DONNA KARAN

The essence: edgy, sweet, and floral with rose, black cherry, raspberry, jasmine, heliotrope, and praline (\$108 for 3.4 ounces; macys.com)

6. MIMOSA & CARDAMOM BY JO MALONE LONDON

The essence: light, watery, and green with cardamom, mimosa, and tonka bean (\$125 for 3.4 ounces; jomalone.com)

7. FLOWER BY KENZO, L'ÉLIXIR

The essence: rich, full-bodied, and floral with raspberry, Bulgarian rose, praline, and Bourbon vanilla (\$118 for 3.4 ounces; bloomingdales.com)

8. DECADENCE BY MARC JACOBS

The essence: peppery, mossy, and woody with Italian plum, iris, saffron, rose, vetiver, and papyrus (\$120 for 3.4 ounces; sephora.com)

9. DEVASTATINGLY CHIC BY DIANA VREELAND PARFUMS

The essence: understated and powdery with carnation, rose, mandarin, pink pepper, and patchouli (\$250 for 3.4 ounces; dianavreeland.com)

The Classics

If a timeless fragrance is what you're after, try one of these three masterpieces.



J'adore by Dior

The essence: feminine, delicate, and floral with ylang-ylang, damask rose, and jasmine (\$155 for 5 ounces; dior.com)



Euphoria by Calvin Klein

The essence: exotic, rich, and oriental with pomegranate, persimmon, lotus blossom, black orchid, black violet, and mahogany (\$89 for 3.4 ounces; calvinklein.com)



La Vie Est Belle by Lancôme

The essence: sophisticated, sweet, and floral with iris, jasmine, orange blossom, praline, and patchouli (\$110 for 3.4 ounces; lancome-usa.com)

DEEPLY INFUSED PERFECTLY SMOOTH BEAUTIFUL FLUIDITY

Introducing the Oil Infinite Nourishing Hair Oil

Infused with a rich 6-oil blend including pure natural Amazonian Babassu Oil and African Marula Oil, it deeply penetrates the hair fiber and replenishes the lipid layer. Hair is left nourished and manageable so that it moves with beautiful fluidity.

FOR HAIR THAT LIVES TO MOVE





O, Beautiful!



Val's BEAUTY BUZZ

O's beauty director, **Valerie Monroe**, on what you need... and what you'll love.

Pamper Party

My bathroom, known before its renovation as the Tenth Circle of Hell, is now a heavenly landscape of calm and respite, like my own mini-spa. Soon a Saturday morning, I can usually be found relaxing on the new built-in shower bench, my face slathered in **Origins Original Skin Retexturizing Mask with Rose Clay** (\$25; origins.com) to deep clean my pores. I'll soak and soften my feet in a frothy footbath of warm water and **Soap Chérie Shower Oil** in **Morning Rose** (\$27; soapcherie.com), after which I'll lather up with a bar of the cheery-looking and sweet-smelling **Wary Meyers Japanese Cherry Blossom Soap** (\$14; warymeyers.com). Post-shower: more skin silkiness with super-hydrating **C. Booth 4-in-1 Multi-Action Passion Fruit Body Lotion** (\$10; ulta.com). Nirvana!

Common Cause



If this month has you thinking about how you can help defeat breast cancer, consider investing in one of these three fragrant options:

Jane Iredale Smell the Roses Hydration Spray (\$29; janeiredale.com): 100 percent of profits will be donated to Living Beyond Breast Cancer. **Ralph Lauren Fragrances Pink Pony Limited-Edition Collection Midnight Romance** (\$96 for 3.4 ounces; ralphlauren.com): 100 percent of profits from every bottle sold will be donated to Ralph Lauren's Pink Pony Fund, an initiative to help underserved communities in the fight against cancer. **Estée Lauder Modern Muse Solid Perfume Keychain** (\$50; esteelauder.com): 100 percent of the suggested retail price will go to the Breast Cancer Research Foundation.



Ask Val

In what order should I apply eye makeup?

One of my favorite makeup artists (and a former O beauty department staffer), Emily Kate Warren, says, "Do it however you like! But there are a few things to keep in mind." If you have oily lids, start with a primer (if not, skip it). To ensure that your makeup lasts, use a powder (such as eyeshadow) before anything creamy (like a soft liner). And finish with mascara, which will sweep away any stray eyeshadow particles on your lashes.



If you have a question about makeup, skincare, or haircare, ask Val at askval@hearst.com or oprah.com/askval. Follow Val on Twitter @thisisvalmonroe.

DRY SKIN HEALED IN 5 DAYS*

*with twice daily application

Vaseline® Intensive Care™
with pure cocoa butter
moisturizes very dry skin from
the first application and heals it
in just five days*. Clinically proven.
*with twice daily application

THE HEALING
POWER OF



SEEING CHANGES IN YOUR SKIN?
IT COULD BE LOSING VOLUME.
NOW RESTORE FULLNESS, SMOOTH WRINKLES.

BECAUSE YOU'RE WORTH IT.™

REVITALIFT™
VOLUME FILLER™
WITH HYALURONIC



*Now I know
looking younger isn't just
about fighting wrinkles.*
Naomi Watts

■ **ABOUT SKIN**

AS SKIN AGES, ITS MOISTURE LEVEL DROPS. SKIN LOSES FULLNESS. LOSS OF SKIN VOLUME CREATES WRINKLES.

■ **IMPRESSIVE SCIENCE**

WITH OUR HIGHEST CONCENTRATION OF HYALURONIC, IT VOLUMIZES SURFACE LAYERS TO SMOOTH WRINKLES.

■ **VISIBLE RESULTS**

IN JUST 4 WEEKS, CHEEKS ARE FULLER. HOLLOWES UNDER THE EYES LESS PRONOUNCED. WRINKLES REDUCED.

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0, THE OPRAH MAGAZINE

2015 BEAUTY O-WARDS

Yellow eyeliner! In-shower body moisturizer! Dry shampoo in a pot! Friends, we've seen it all this year. And we gathered everything (and we mean *everything*) to sample and swab, dab and deliberate over, just so we could share the real standouts with you. On these pages, you'll find *the lip glosses we love, the face lotions we've raved about to friends, the styling products that absolutely guarantee a good hair day*...in other words, the ne plus ultra of 2015's beauty bunch. The fun starts now!

BY Megan Deem AND Melissa Goldberg

Maybelline New York Baby Lips Moisturizing Lip Gloss

The cult balm now comes in a gloss, with the beloved original's sheer finish and softening effect.

Christian Louboutin Beauté Lip Colour

As elegant as the brand's iconic shoes, this collection offers 36 shades in three finishes (satin, matte, and sheer).

L'Oréal Paris Colour Riche La Lacque and Le Matte Lip Pens

Get precision application with two finishes—glossy and velvet—that come packed with antioxidants and hydrating argan oil.

Giorgio Armani Beauty Ecstasy Lacquer

Chromelike shine meets supersaturated pigment in a lipcolor that applies like a gloss but won't leave your mouth feeling sticky.

Estée Lauder Pure Color Envy Liquid Lip Potion

Moisture-magnet hyaluronic acid is a star ingredient in this richly hued liquid lipstick, which keeps lips hydrated (and looking fuller).

Rimmel London Provocalips 16HR Kiss Proof Lip Colour

Apply your shade before work and forget about it until bedtime with a two-step product that stands up to food, drink, and smooches.

Clarins Joli Rouge

Antioxidant vitamin E and a plumping peptide combine to create a rare hybrid: a moisturizing and long-wearing lipstick.

Lips

Whether you prefer your color bright or muted, shiny or matte, in a stick or a gloss, there's a formula here that's sure to please.

**Lancôme Miracle
Cushion Liquid
Cushion Compact**

Lightweight foundation is suspended in a springy sponge—tap the surface and it releases just the right amount of product.

**Burberry Lip
& Cheek Bloom**

Give lips and cheeks a matte flush with these cheery cream colors, easily applied with your fingers.

**Sephora Collection
Bright Future Gel
Serum Concealer**

It's a snap to match your skin tone with this imperfection eraser, which comes in 20 shades.

**Clé de Peau Beauté
Bronzing Powder Duo**

Keep that summer vacation glow deep into winter, courtesy of a two-tone pearlescent powder that conjures a just-back-from-the-beach effect.

**Algenist
Repairing
Tint &
Radiance
Moisturizer
SPF 30**

This sheer lotion subtly masks spots and dark circles while keeping skin hydrated with microalgae oil.

**BareMinerals
BareSkin Complete
Coverage Serum
Concealer**

Say sayonara to dark circles with this hydrating, mineral-based formula that diffuses discoloration and brightens instantly.

**It Cosmetics
CC+ Cream™
Illumination SPF 50+**

Free up space on your bathroom counter with one multitasker that provides full coverage, along with a hefty dose of SPF, peptides, and antioxidants.

**Charlotte Tilbury Beach
Stick Lip-to-Cheek
Dewy Colour Pop**

A cich to blend, these sticks not only add a hint of sun-dappled color, they also contain moisturizing polymers and light diffusers to hide flaws.

**Nars
Dual-Intensity
Blush**

At last, a blush that goes both ways—use it wet for a sheer wash of color or dry to create a more dramatic pop.

**Anastasia
Beverly Hills
Illuminator**

Show off your favorite features with a shimmering highlighter made with finely milled sparkling powder.

**Giorgio Armani
Beauty Luminous
Silk Compact**

Possibly the most satiny, luxurious translucent powder ever, with blurring ingredients that render your complexion poreless.

**Revlon PhotoReady
Airbrush Effect Makeup**

Soft-focus pigments in an oil-free liquid give your skin a flawless, selfie-worthy texture.

Face

Don't just fantasize about gorgeous skin—make it a reality with these complexion perfectors.

SKINCARE STARS

Rich face creams, potent treatments, hardworking sunscreens—choose from these genius formulas and put your best face forward.



Hydrating
Olay Total Effects 7 in One
Anti-Aging Moisturizer



Ultralightweight
Neutrogena Hydro
Boost Water Gel



Gentle
Chanel Sensitive
Skin Cream



Refreshing
Perricone MD DMAE
Firming Pads



Lightening
SK-II Power Brightening
Specialist



Multitasking
Algenist Genius
Ultimate Anti-Aging
Vitamin C+ Serum



Brightening
Clarins Mission
Perfection Serum



Protecting
Dr. Dennis Gross Triple C
Peptide Firming Oil



Repairing
StriVectin Advanced Retinol
Intensive Night Moisturizer



Timesaving
Simple Micellar
Make-Up Remover Wipes



Exfoliating
Burt's Bees Renewal
Refining Cleanser



Deep Cleaning
Philosophy Purity Made
Simple One-Touch Facialist



Illuminating
GlamGlow Flashmud
Brightening Treatment



Smoothing
Lancôme Masque
Pure Focus



Wide-Ranging
Dr. Jart+ Dermask sheet
mask collection



Light Reflecting
L'Oréal Paris Age
Perfect Eye Renewal



Personalized
Clinique Smart Custom-
Repair Eye Treatment



Shielding
Shiseido Future Solution LX
Universal Defense SPF 50+



Softening
Murad Invisiblor Perfecting
Shield SPF 30 PA+++



Oil Absorbing
SkinCeuticals Physical
Matte UV Defense SPF 50

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**Clinique Chubby Lash
Fattening Mascara**

For the ultimate in thickening, you can't beat this plumper with a special oversize brush that turns lashes from faint to full.

**Mary Kay At Play Dual
End Shadow & Liner**

Clever, creamy two-in-ones take the guesswork out of coordinating color.

**Dior Addict
Fluid Shadow**

Use these molten metal shadows to give your lids a shimmery veil of color—or just a hit of brilliance along the lashline.

**Maybelline New
York Eye Studio
Master Graphic
Liquid Liner**

Draw the boldest cat eye with this markerlike pen that features a flat side and an angled tip for on-point application.

**Benefit Air Patrol
BB Cream Eyelid Primer**

Make your eyeshadow last and last with this protective base that hydrates with shea butter and shields with SPF 20.

**L'Oréal Paris Colour
Riche La Palette Nude**

You'll have no problem finding your ideal neutral eyeshadow among the ten shades in this collection (available in two versions, light and deep).

**CoverGirl Full
Lash Bloom by
LashBlast Mascara**

Made with beeswax, this volumizing, flake-resistant formula leaves lashes soft and flexible.

**Stila Got
Inked Cushion
Eye Liner**

The ingenious sponge dispenser prevents brush overload.

**L'Oréal Paris
Brow Stylist
Plumper**

This fiber-infused gel fattens skimpy brows while adding a hint of tint (there's also a clear version).

**Givenchy Mister
Intense Black
Mascara Top Coat**

Sweep it over your favorite mascara for a supremely glossy luster.

**Lancôme Drama
Liqui-Pencil
Longwear Kohl
Eyeliner**

Available in 16 shades, from sunny yellow to blackest midnight, this supersmooth pencil liner lasts for 24 hours.

**Tom Ford Beauty
Brow Sculpting Kit**

Create enviable arches with two highly pigmented powders and a clear setting wax.

Eyes

Plumping your lashes?
Playing up your brows? Prepare
to be a vision of loveliness.



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*Results based on consumer responses in a 4-week clinical study with makeup on, after 4 weeks of use. **Results based on consumer responses in a clinical study with makeup on, immediately after application.

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Hair

From in-shower basics to finishing touches, here's everything you need for gorgeous, envy-inducing hair.



Pantene Pro-V Power Up Daily Treatment

Think of this as the haircare equivalent of your everyday facial moisturizer—it provides intense hydration so hair always looks and feels healthy.



Nexxus Humectress Encapsulate

For hair that's taken a beating, this serum's protein-rich caviar and fortifying coconut oil repair the damage.



**Aveda Smooth
Infusion Nourishing
Styling Creme**

For shiny, touchable hair, try this blend of plant butters, which seal the hair cuticle to keep frizz-inducing moisture at bay.



Dove Quench Absolute Intense Restoration Mask

Turn dry, coarse curls into soft, springy ringlets with this nourishing treatment, packed with Brazilian fruit oil.



Head & Shoulders Moisture Care Co-Wash

On days when you want to skip shampoo, treat hair to a hydrating, dandruff-busting dose of this softening blend, rich in almond oil and coconut essence.



**L'Oréal Paris
Advanced
Haircare Nutri-
Gloss High
Shine Shampoo
and Conditioner**

Banish dullness with this daily duo, which smooths the hair cuticle for sleek, reflective strands.



**R+Co
Badlands
Dry Shampoo
Paste**

A hybrid cleanser and styling product, this cream gives you piecey texture along with hold and definition.



The Biggest Winner Could Be You!

We have a selection of these items set aside for some lucky member of the Circle. Go to **omagcircle.com** for details.



Living Proof Perfect hair Day (PhD) Dry Shampoo

A quick mist of this spray removes oil *and* perspiration (most dry shampoos target only oil) for a just-washed feeling.



Amla Legend Silkening Oil Mist

When you need softness immediately, turn to this light oil, which is derived from an antioxidant-rich superfruit.



Herbal Essences Wild Naturals Illuminating Dry Oil Spray

Eliminate frizz and flyaways while adding superbright shine with this does-it-all dry oil mist.



Garnier Fructis Full & Plush Voluptuous Blow Out

Get the best blow-dry
of your life, thanks to
a gel that amps up
your style to its biggest,
bounciest extremes.



**John Frieda Frizz
Ease KeraFirm Firm
Hold Hairspray**

Lock in your style with this ultrafine keratin-based mist. It dries in a flash for polished results.



Don't give up on color
ExcellenceAgePerfect.com

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Diane is wearing Excellence Age Perfect
 shade 9N, Light Natural Blonde.
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 HAIR COLORIST/PARIS

Body

Soften, soothe, shield: Get your skin in prime condition with these smooth operators.



Neutrogena CoolDry Sport Sunscreen

If your idea of fun in the sun includes volleyball and long hikes, this is the sunscreen for you—the lightweight formula is impervious to perspiration.



Fresh Life Bath & Shower Gel

The ideal combination of practical and extravagant, this body wash contains shea butter to leave skin soft and supple, with an opulent citrusy scent.



Aveeno Daily Moisturizing Sheer Hydration Lotion

The ultimate overachiever: This nongreasy, ultrathin moisturizer soothes and quenches, and also protects with antioxidants.



Vaseline Intensive Care Spray Moisturizer

The quickest way to silky skin: Mist on this body lotion containing hydrating microdroplets of Vaseline Jelly.



Nivea In-Shower Body Lotion

You can skip post-shower moisturizing when you slather on this rich hydrator after cleansing—just rinse and go.



Aveda Stress-Fix Composition Oil

This formula packs a one-two punch: moisturizing jojoba oil softens dry skin, while the aromatherapeutic blend of essential oils has a calming effect.



Secret Clinical Strength Invisible Solid

This powerhouse has been reformulated to include moisture-activated capsules that release fragrance as you start to perspire.



Dove Dry Spray Antiperspirant

No more messy white residue with this aerosol spray that dispenses a soft, transparent, quick-drying mist.



Jergens Natural Glow Tanning Collection

The scrub exfoliates dry skin (preventing splotchiness), the tinted mousse formula assures an even application, and the moisturizer preserves your bronzed look.



Nails

Why stick with traditional or trendy? With so many polish shades, anything goes! A few vibrant faves from across the spectrum:

1. Jin Soon Nail Polish in Ardor
2. Sally Hansen Insta-Dri Nail Color in Quick Fire
3. Nails Inc Gel Effect Nail Polish in Seven Dials
4. Caption Polish Luents in Create Change
5. OPI Infinite Shine Hybrid Lacquer in Wild Blue Yonder
6. Essie Nail Polish in Flowerista

TECH SUPPORT

The marriage of science and beauty continues with the innovative (and free!) **Sally Hansen ManiMatch** app. Scan your hands, and this mobile app lets you virtually try on more than 200 polish shades in real time (meaning the color stays in place even when you wave, snap, or clap). More brilliance: It also analyzes your skin tone and offers shade recommendations.



EXCLUSIVE SWEEPSTAKES!

Four lucky readers will win a selection of the 2015 Beauty O-wards products, worth more than \$2,000. Go to oprah.com/beautywards to enter. Here's to a gorgeous you! For official rules see Shop Guide.

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Jennifer Lopez



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Feeling Good

BREAST CANCER SPECIAL REPORT

WHY ARE SO MANY BLACK WOMEN DYING OF BREAST CANCER?

Roughly 90 percent of white women with breast cancer will survive five years after diagnosis. Only 79 percent of black women will. But even as the mortality gap persists, a small army of passionate advocates are proving this is a failure we can avoid. *Sunny Sea Gold* reports.



♥ Being Mom ♥

When Juliet Uzoma-Aguwa discovered she had breast cancer, she had two girls under the age of 4 and her family was thousands of miles away. With many rounds of chemotherapy ahead, she knew she would be in no shape

to care for her daughters on her own. That's when a program funded by Susan G. Komen® got Juliet the child care she needed. So she could focus on her health and eventually get back to what she loves — being mom.

GIVES ME STRENGTH

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Where You Live Should Not Determine WHETHER YOU LIVE



The rate of breast cancer disparity for African-American women is startling. African-American women in the U.S. are 41% more likely to die from breast cancer than Caucasian women. And, African-American women are often diagnosed with late-stage breast cancer when treatment options are limited, costly, and the prognosis is poor. Susan G. Komen believes this is unacceptable and is working to change these outcomes.

COMMITTED TO REDUCING BREAST CANCER DISPARITIES

Susan G. Komen believes that **where you live should not determine whether you live**—and that all women should have equal access to quality breast health care. We are committed to fixing the issue and work to bridge the gap in access to high-quality health care to reduce the rate, and, ultimately, end breast cancer disparities.

OUR APPROACH TO END DISPARITIES:

- **Achieving Health Equity and Building Trust** in communities where the disparities are greatest by ensuring access to high-quality screening, genetic testing, treatment, and clinical trials.
- **Reducing Barriers to Quality Care through Patient Navigation** by guiding women through the health care continuum: from outreach, education, prevention, detection, diagnosis, and treatment, through survivorship or end-of-life care.
- **Empowering the Community through Advocacy** by providing resources to support patients, providers, survivors, advocates, community leaders, researchers, insurers, and policymakers to sustain local health system change.

EACH YEAR, WE ARE WORKING TO REDUCE DISPARITIES IN THE COMMUNITY*

\$90M** INVESTED IN DISPARITIES RESEARCH	391,886 MAMMOGRAMS PROVIDED	116,042 CLINICAL BREAST EXAMS	56,350 DIAGNOSTIC SERVICES	28,668 FINANCIAL ASSISTANCE
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GET INVOLVED... FIND OUT HOW AT KOMEN.ORG/ENDDISPARITIES

- 1 **Support** your local Komen Affiliate
- 2 **Get to know** your congressional leaders and advocate for funding for key priorities
- 3 **Donate** to Komen to support community programs that will ensure access to the same quality of services for all

*2013 numbers **Cumulative investment since 1982

**susan g.
komen.**

IN A QUIET LITTLE cubicle tucked inside a boxy glass building in Chicago's medical district, a tall young woman in a long skirt and a white nursing coat picks up the phone. "Hi, this is DeShuna Dickens calling on behalf of South Shore Hospital about your mammogram results," she says in a practiced, even tone. "The radiologist is recommending you come back for additional testing. Have you had a chance to make an appointment?" Dickens listens as the patient on the other end explains why she hasn't followed up—some women never received their initial test results in the mail; others said they've been too busy—then offers to help arrange further testing. When the conversation ends, she makes a few detailed notes in her files, then moves on to the next patient in her stack.

Dickens barely looks old enough to have earned two master's degrees (one in public health, the other in nursing)—and she certainly doesn't look weary enough to have been doing this job for more than a year: Every day she spends hours making calls just like this one, imploring women to follow up with their doctor and explaining the process of managing their care. She helps them schedule appointments, change doctors, and wade through insurance issues. Occasionally, she even goes to doctors' visits with those who need extra support. "I recently worked with one woman who

was so scared and overwhelmed that I offered to go with her to her biopsy," Dickens tells me on a sunny summer morning. "It helps to have someone there who can understand the terminology and make sure you are clear on the treatment plan."

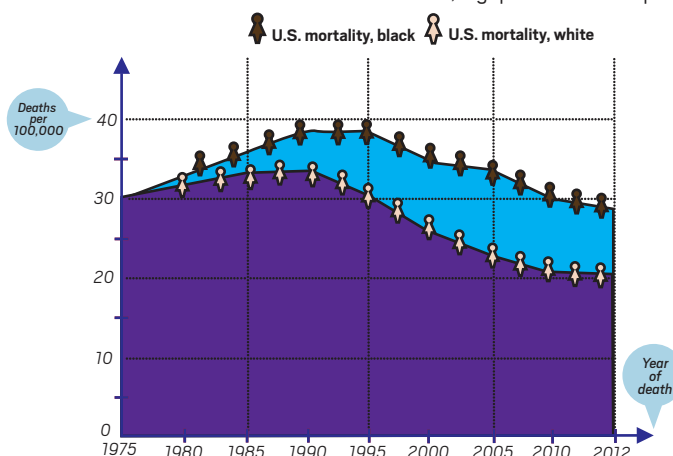


Dickens does this on behalf of three community hospitals in Chicago that, for one reason or another, lack the resources to do their own follow-up with all their at-risk patients. "One hospital I work with had a binder of at least 75 women with suspicious or incomplete test results, going back as far as 2012," Dickens says. "Women in some communities are falling through the cracks."

But it's not just "some" communities—specifically, it's black communities. Right now in America, black women are about 40 percent likelier to die from breast cancer than white women, despite the fact that they're less likely to get the disease in the first place. That translates to an estimated 1,710 black women each year, according to groundbreaking research released in 2014 by the Sinai Urban Health Institute and the Avon Foundation Breast Cancer Crusade. And the study found that between 1990 and 2009, in cities from Memphis to Los Angeles, the black-white survival gap actually grew. Thirty years ago, black and white women died of breast cancer at about the same rate,

A DEADLY DIVIDE

As screenings and treatments for breast cancer improved in the United States, a gap in care developed.



Source: National Cancer Institute

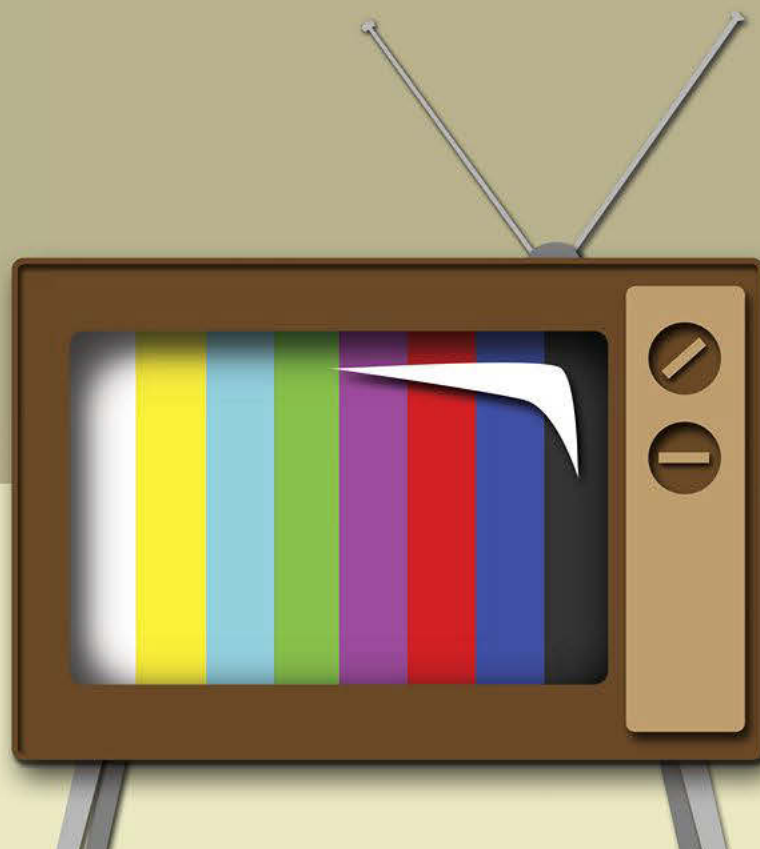
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but as treatment and screenings improved, more white women survived the disease while the death rate among black women stayed stubbornly higher. “It’s disgraceful how many black women are dying unnecessarily,” says Anne Marie Murphy, PhD, former director of healthcare initiatives for the Illinois governor.

In 2007, a group of doctors, researchers, and community activists in Chicago, alarmed by the trend, launched the Metropolitan Chicago Breast Cancer Task Force, an independent research and advocacy group that focuses exclusively on eradicating racial disparities in breast cancer. (Murphy is its executive director.) They wanted answers: Why the deadly gap? And what to do about it? Initially, some experts wrote them off, believing the mortality gap to be rooted in biological differences and therefore largely insoluble. But while it’s true that African American women have higher rates of aggressive breast tumors known as triple-

negative (for which there are no targeted treatments) and a higher prevalence of some breast cancer–related gene mutations, those differences don’t account for the sheer size of the problem, says David Ansell, MD, a senior vice president at Rush University Medical Center in Chicago and cofounder of the task force. In fact, the overall breast cancer incidence among black women is nearly 4 percentage points *lower* than in white women. Nor does biology explain the geographic variance in death rates, even between cities in the same state. (While black and white breast cancer patients in Sacramento fare about the same, black women in Los Angeles are 71 percent more likely to die than white women, according to the Sinai/Avon study.)

Others questioned whether the problem isn’t so much a race issue as a matter of socioeconomic—those with more money

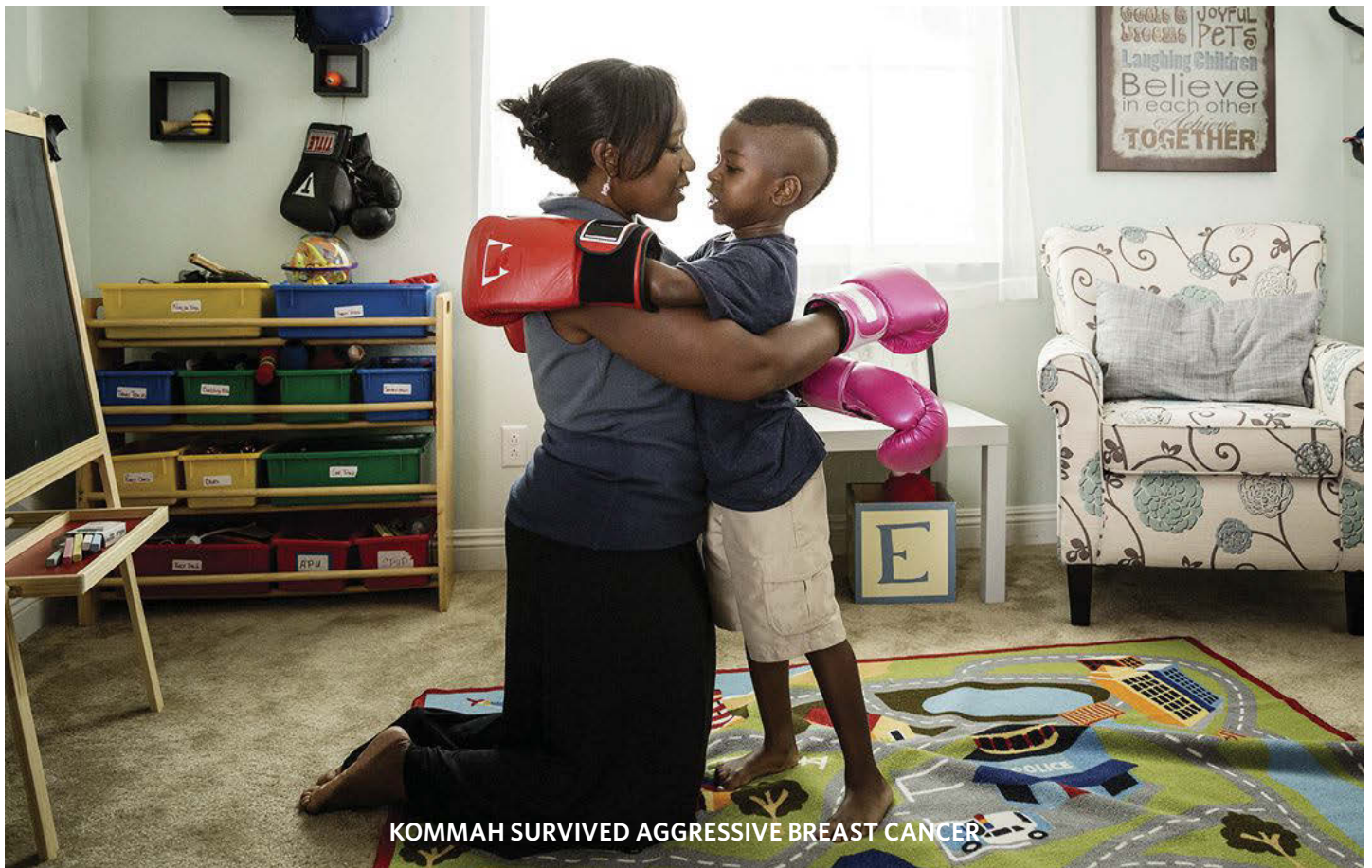
“It’s disgraceful how many black women are dying unnecessarily.”

survive while those with less die. The truth, according to many experts I spoke with, is that racial health disparities are attributed to biology, poverty, *and* race—specifically, America’s legacy

of racial segregation. In predominantly black Chicago neighborhoods, not a single hospital or clinic has earned the American College of Radiology’s Breast Imaging Center of Excellence seal of approval, and only one carries Commission on Cancer (CoC) accreditation from the American College of Surgeons. Nonaccredited treatment centers typically use older equipment, employ fewer breast imaging specialists, and miss more incidences of cancer than hospitals like Rush and University of Chicago, both of which are accredited and are located in whiter neighborhoods. Breast imaging specialists—radiologists who spend a majority of their



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KOMMAH SURVIVED AGGRESSIVE BREAST CANCER

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time reading mammograms and often have specialized training—are almost twice as likely as general radiologists to pinpoint cancer in a mammogram. In other words, even if women of color do all the right things—go for routine testing, schedule follow-up appointments—they can still fare worse than white women simply by virtue of where they live.

Before Provident Hospital of Cook County—a public treatment facility that serves a majority black population—stopped offering mammograms in June, the conditions in its mammography unit were deplorable. I saw a photo of a manhole cover—which I'm told had an active sewer running beneath it—smack in the middle of the room where technicians read mammography films. The fumes were reportedly so strong at times that staffers had to wear surgical masks. (A rep for Provident Hospital admits that sewer fumes are known to be a problem in the building and says plans for a new state-of-the-art mammography center are under way.) “All you have to do is look at some of these neighborhood hospitals to know how different they are from the large, well-funded ones,” says Teena Francois-Blue, the task force’s associate director of

community health initiatives and research.

To make matters worse, studies suggest that doctors can be influenced by a patient’s race and that this bias can affect treatment decisions, such as whether to offer a patient an aggressive or a complex treatment. While overt racism in physicians is rare, Ansell cowrote in an editorial published earlier this year in *The New England Journal of Medicine*, a growing body of research has detected a subconscious preference among doctors for white patients compared with black patients.

How does this bias play out in black lives? African Americans are less likely than whites to receive recommended medications and treatments for illnesses from HIV/AIDS to heart disease to diabetes, even when they have the same insurance. That isn’t Ansell’s opinion; it’s straight from a report by the Institute of Medicine (IOM), a nonprofit established to provide objective healthcare information, often at the direct request of federal agencies and Congress. The bottom line, according to the IOM: There’s “strong, but circumstantial, evidence for the role of bias, stereotyping, and prejudice” in racial health disparities.

Yet the task force takes heart from the otherwise bleak findings, since the research

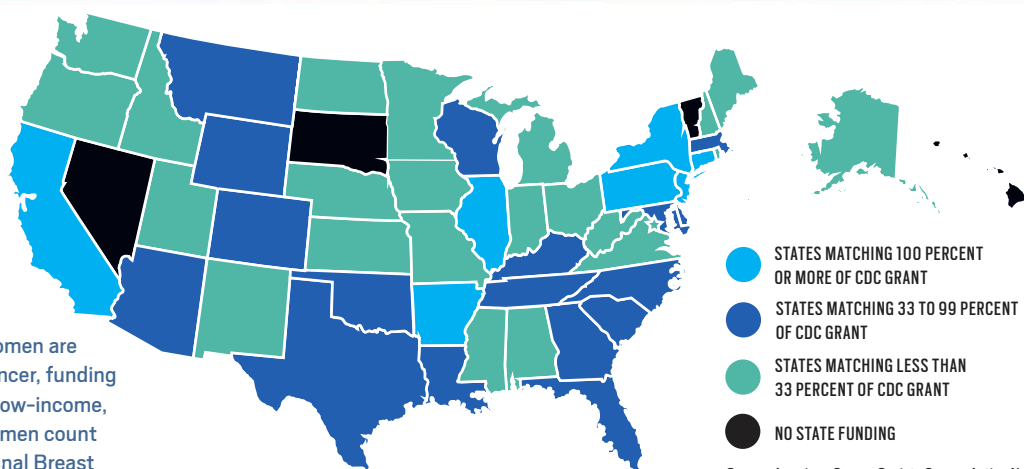
There are zero Center of Excellence mammography providers in black neighborhoods in Chicago. In predominantly white communities? There are eight.

confirms what they’ve long believed: that the black-white mortality gap is fixable. Racial disparity can be reduced—and possibly eliminated—when black women with breast cancer get access to the same level of care as white women. “We don’t need a magic bullet to fix this,” says Patricia Ganz, MD, a member of the Breast Cancer Research Foundation Scientific Advisory Board and professor of medicine and public health at UCLA. “We just need to give black women the same standard of care.” All it takes is awareness, manpower, money, and buy-in from a city’s healthcare community.

That’s exactly what the Chicago task force set out to secure, first parsing the city’s breast cancer survival statistics to see just how bad the mortality gap was. Then, with significant funding from the Avon Foundation for Women and Susan G. Komen, the grassroots

IS MAMMOGRAM FUNDING AT RISK IN YOUR STATE?

Even as more and more black women are dying needlessly from breast cancer, funding for the free mammograms that low-income, uninsured, and underinsured women count on is drying up. The CDC’s National Breast and Cervical Cancer Early Detection Program, which is responsible for providing significant support for these services, will lose an estimated \$38 million next year—and many states are cutting back on how much money they pitch in to match the CDC’s contribution (see map). “Lower funding has



Source: American Cancer Society Cancer Action Network, 2014–15 fiscal year

been justified because under the Affordable Care Act, routine mammograms are covered,” says Judith Salerno, MD, president and CEO of Susan G. Komen. “But when a woman feels a suspicious lump and is sent by her doctor for a

diagnostic mammogram, that’s no longer considered ‘routine’—and it’s no longer free. That’s a big problem.” To urge your representative to increase vital funding, visit ww5.komen.org/take-action.aspx.

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Boston	July 9-10, 2016
San Francisco	July 23-24, 2016
Santa Barbara	September 10-11, 2016
New York	October 15-16, 2016

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— Michelle, 39er

KNOW YOUR RISKS. KNOW YOUR BODY. TALK TO YOUR DOCTOR.
BENEFITING THE AVON FOUNDATION FOR WOMEN. A 501(C)(3) PUBLIC CHARITY.

team persuaded 160 healthcare providers across the state to share their data, such as tumor detection rates. The group also identified hospitals with undertrained mammography technicians or radiologists who weren't breast imaging specialists and arranged free continuing education courses. And perhaps most important, they launched their patient navigation program, in which a staff of six fields calls from and gives guidance to more than 1,400 women in need of care every year. Navigators steer their charges to the city's highest-quality medical centers, even if those hospitals are 60 minutes and two bus transfers away; they call doctors' offices to request records or schedule visits and make sure clients get there. In one Chicago institution, the task force observed that women weren't going back to get diagnostic mammograms, Ansell

recalls. "So we investigated and learned that the phone number the women were told to call had no one there to pick up." Discoveries like this are what led the task force to partner with hospitals that don't have adequate follow-up programs in place.

It was as a navigator that DeShuna Dickens reached out to Gerri Murrah in May. When a lump in Murrah's right breast became swollen and sore, she'd gone to the emergency room. The doctor didn't even suspect cancer; she was given antibiotics and sent home. When the lump persisted, Murrah, 60, went to a different clinic and requested a mammogram. The results were suspicious, and it was at this point that Murrah's file ended up on Dickens's desk. While the two traded voicemails, Murrah was assigned to a surgeon at a community hospital who made two blunders: Instead of doing a needle

biopsy, per National Comprehensive Cancer Network guidelines, he surgically removed the lump—a procedure both costlier and more painful. Then, without even telling Murrah the stage of her breast cancer (it was stage III), he recommended a mastectomy. When Dickens finally got hold of Murrah, she suggested Murrah see a top surgeon at the University of Chicago for a second opinion. There, Murrah learned she didn't need a mastectomy. "DeShuna came in just in time to stop me from having my breast cut off," she says, angry and grateful at the same time.

Daphne Johnson feels equally indebted to the task force. Three years ago, Johnson, now 54, found herself suddenly laid off from her job at Hewlett-Packard. "For the first time since college, I was without insurance, and I didn't know what to do when it was time for my annual mammogram," she says.

SAVING MORE LIVES

Three promising breakthroughs—for all women—in the battle against breast cancer.

EARLIER WARNING

While mammograms can detect breast cancer once it has developed, a new blood test may be able to predict—with over 80 percent accuracy—whether a woman will develop breast cancer within two to five years. By comparing blood samples from women who did develop the disease to samples from those who didn't, a team of Danish researchers was able to spot a chemical pattern that may serve as a marker of future tumors.

THE VEGAN SOLUTION

Recent research from the University of Wisconsin School of Medicine and Public Health suggests that a diet low in methionine (an amino acid abundant in meat, fish, and some nuts, but generally low in fruits and veggies) may be

just what the doctor ordered for patients with triple-negative breast cancer—a form of the disease that doesn't respond to targeted therapies and is therefore one of the toughest to treat. In the absence of methionine, breast cancer cells become more susceptible to a certain type of targeted treatment and thus easier to kill.

A BETTER RX

A new report in *The Lancet* revealed that drugs normally used to treat bone loss could also reduce the number of breast cancer deaths in postmenopausal women. Those who took the drugs had a 28 percent lower rate of cancer metastasis to the bones, and 18 percent lower overall breast cancer mortality in the ten years after diagnosis.



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"A friend told me there were ways to get free screenings, so I called a hospital I'd been to in the past." The hospital gave her the task force's number, and a staffer quickly set Johnson up with a free screening. When the results came back suspicious, Johnson's navigator, Yomaira Molina, arranged for a second mammogram, an ultrasound, and eventually a needle biopsy at the University of Chicago. That test confirmed that the lump in Johnson's right breast was stage II cancer. While Johnson digested the diagnosis and broke the news to her family and friends, Molina took charge, getting her signed up for Medicaid, which covered the rest of her costly cancer treatments. "I'm so grateful to have received such amazing care," says Johnson now, looking robust and relieved after a lumpectomy, radiation, and chemotherapy, sporting a chic close-cropped haircut. "I don't even want to think about what might have happened had I

not been connected with the task force."

Johnson and Murrah, who just began chemo herself, are prime examples of the task force's dramatic impact. In just two years—between 2008 and 2010 (the most recent data available)—breast cancer deaths among black women in Chicago fell by an incredible 35 percent. What makes the task force's success even more remarkable is that the programs are so simple: Find women who are falling through the cracks of the healthcare system and connect them with better care.

Now major cities across the U.S. are taking steps to replicate the task force's work. "I sob sometimes when I get off the phone with these women," says Elaine Hare, whose three-person staff at the Memphis-Midsouth chapter of Susan G. Komen helps arrange free mammograms and biopsies for thousands of women. Hare is a founding member of the fledgling Memphis Consortium, a group of advocates and public health experts who want to create a task force-like program; in that city, black breast cancer patients are roughly twice as likely to die as whites.

Initial efforts in Memphis—and similar initiatives in Houston, Boston, and Los Angeles—consist of essential baby steps like community research and awareness campaigns. But that doesn't mean advocates aren't dreaming big. On task force director Anne Marie Murphy's wish list: a revised federal Mammogram Quality Standards Act that would hold hospitals and clinics accountable for the quality of their mammograms and their ability to interpret them; bipartisan legislators to champion it; and a law that would require Medicare, Medicaid, and insurers in every state to include at least one CoC-accredited program and one ACR Center of Excellence in their network. "It's sad that we even have to ask for this," says Murphy. "These women's lives matter." **D**

Sunny Sea Gold is a health writer living in Portland, Oregon.



*Daphne Johnson,
nine months
post-treatment.*

BE A BREAST CANCER HERO

There are now so many ways you can support breast cancer awareness that it's hard to know where to put your money. These organizations are making a big impact, helping patients and survivors from diagnosis to treatment:

Metropolitan Chicago Breast Cancer Task Force

In 1992, Congress passed the [Mammography Quality Standards Act](#) to ensure that hospitals and clinics meet certain benchmarks. But some experts say the law doesn't go far enough when it comes to assessing quality of care. Indeed, a 2014 study that looked at a sample of 52 mammography facilities in the Chicago area found that only 14 percent of those not accredited by the American College of Surgeons Commission on Cancer met the study's standard for early-stage detection. The task force is lobbying for better regulation; help them continue the fight by donating at chicagobreastcancer.org.

Susan G. Komen

Public and community hospitals don't always offer programs that pair patients with advocates (oftentimes nurses) who can guide them through doctors' appointments. Susan G. Komen distributes grants to navigation services all across the country. You can support its work at komen.org/donate.

The Pink Fund

In addition to costly testing and treatments, the financial burden of breast cancer includes making ends meet, especially for patients who have to take an extended leave from work. To lend a hand, consider giving to a breast cancer financial assistance program in your area. Living Beyond Breast Cancer (lbbc.org), for example, covers costs, to the tune of about \$160,000 per year, for Philadelphia-area women who are struggling to cover rent and other expenses during or after cancer treatment. Can't find a local group? The Pink Fund provides financial help to women nationwide. (thepinkfund.org)

Are You AT RISK For Gynecologic Cancer?



Cassandra Foy
Patient at Cancer Treatment Centers of America®

While breast cancer is a hot topic in the national media, it's important to be informed on other women's cancers that don't get as much media attention.

Gynecologic cancers are cancers that affect the female reproductive organs, including the ovaries, endometrium, uterus, cervix, fallopian tubes, peritoneum, vagina and vulva. And, just as women have become more aware of the warning signs of breast cancer, it's equally important for women to understand the facts about gynecologic cancer.

Roughly 71,500 women in the United States each year are diagnosed with a gynecologic cancer,¹ and the risk increases with age. The most common gynecologic cancer is endometrial/uterine cancer, which affects more than 52,000 women annually in the U.S.²

The key to lowering the risk for these cancers is preventive care and early diagnosis. And for many women, that may mean taking time out from busy family and work schedules to put their health first.

"Understand your own risk factors—and your family history—and have an open dialog with your primary care physician."

DR. MAURIE MARKMAN, PRESIDENT OF MEDICINE & SCIENCE,
CANCER TREATMENT CENTERS OF AMERICA®

TAKE PREVENTIVE ACTION

You can play an active role in reducing your chance of developing gynecologic cancers. A key factor for survival of these cancers is early diagnosis.



Make healthy choices for yourself, such as a well-balanced diet, an active lifestyle, quitting or avoiding smoking, maintaining a healthy weight, and safe sex practices.



Make time for an annual physical. A Pap test is an important check for abnormal cells in the cervix, because in most cases of cervical cancer there are no noticeable symptoms. Routine pelvic exams may also improve the likelihood of early detection for endometrial cancer. For women over 30, the HPV test screens for high-risk HPV strains that may lead to cervical cancer.



Educate yourself on your health history and your family's health history. Having close relatives on either side of the family who have had ovarian cancer increases a woman's chance of getting ovarian cancer herself.

Cancer Treatment Centers of America® (CTCA) is a national network of five hospitals in the U.S. with expertise in treating patients who are fighting complex or advanced-stage cancer, although many patients with an early-stage diagnosis seek treatment at CTCA® as well. We combine world-class treatment with an integrative approach to care to reduce side effects and maintain quality of life during cancer treatment. If you or someone you love has advanced-stage or complex cancer, call **855-587-5528** or go to **cancercenter.com**.



Cervical cancer tends to occur during midlife. Most cases are found in women under the age of 50, and it is linked to human papillomaviruses.

Endometrial cancer is rare for women under the age of 45; most cases are found in women over 50.



Ovarian cancer affects up to 5% of women who have it in their family histories. It has the highest mortality of the gynecologic cancers, killing more than 14,000 women annually in the United States.³



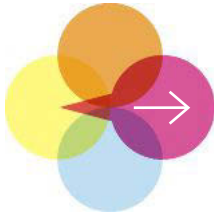
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References:

1. Get the Facts About Gynecologic Cancer, CDC http://www.cdc.gov/cancer/knowledge/pdf/CDC_GYN_Comprehensive_Brochure.pdf
2. National Cancer Institute, 2014. www.cancer.gov/cancertopics/types/endometrial
3. National Cancer Institute, 2014. www.cancer.gov/cancertopics/types/ovarian



Quotables

Pocket-size cards for inspiration to go.

“
*O, wind,
If Winter
comes,
can Spring
be far
behind?”*

—Percy Bysshe Shelley,
“ODE TO THE WEST WIND”

“
**WE DO NOT
HAVE TO
BECOME
HEROES
OVERNIGHT.”**

—Eleanor Roosevelt,
YOU LEARN BY LIVING

“
She felt like a plant
of some kind,
like a flower on a stalk
that only looked slender
but was really tough,
**tough
as steel.”**

—Joyce Carol Oates,
A GARDEN OF EARTHLY DELIGHTS

“
LOOK TO THE EAST,
WHERE UP
THE LUCID SKY
THE MORNING CLIMBS!
**THE DAY
SHALL YET
BE FAIR!”**

—Celia Thaxter,
“FAITH”

“
**Why was she
dancing?
No reason.
Just alive,
I guess.”**

—George Saunders,
“ESCAPE FROM SPIDERHEAD”

“
*Love is what
carries you,
for it is always there,
even in the dark,
or most in the dark,
but shining out at
times like gold
stitches in a piece
of embroidery.”*

—Wendell Berry,
HANNAH COULTER

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and tell us what inspirational
words you've shared with loved
ones dealing with cancer.

KARLA BAPTISTE STAGE IV BREAST CANCER



One year after being diagnosed with metastatic breast cancer, I am living an active life, thanks to Cancer Treatment Centers of America. Just as significant has been turning my story into one that can inspire others coping with a cancer diagnosis and sharing a little hope.

Check out my full story at
[cancercenter.com/community/survivors/
karla-baptiste/](http://cancercenter.com/community/survivors/karla-baptiste/)

BREAST CANCER RISK FACTORS

Age, genetics, family history,
and other factors may contribute to
the likelihood of breast cancer.



GENDER

Breast cancer is
100X
more common in
women than in men.



DENSITY

Women with less fatty
tissue and more glandular
and fibrous breast tissue
may be at higher risk for
developing breast cancer.



OBSESITY

Fat tissue may contribute to
increases in estrogen levels,
and high levels of estrogen
may increase the risk of
breast cancer.

CHRISTINE BRAY METASTATIC OVARIAN CANCER



After a very long and difficult experience with my cancer starting with my diagnosis in 2010, being treated at Cancer Treatment Centers of America felt like a milestone for me. Today, I'm spending time with my girls and feeling great!

Learn more about my road to recovery at
[cancercenter.com/community/survivors/
christine-bray/](http://cancercenter.com/community/survivors/christine-bray/)

WHAT IS INTEGRATIVE CARE?

An integrative approach to care combines advanced medical treatments with therapies to help keep you strong during your treatment. Integrative therapies can include:



MIND-BODY
MEDICINE



NUTRITION
THERAPY



NATUROPATHIC
MEDICINE



ONCOLOGY
REHABILITATION



PAIN
MANAGEMENT



SPIRITUAL
SUPPORT

MIRIAM TREJO STAGE III BREAST CANCER



I love my job as a teacher, and learning is something that you never really outgrow. When I found out I had breast cancer at age 29, I had to learn a lot. And fast. Thankfully, I had my husband, my family and friends, and Cancer Treatment Centers of America to guide and support me every step of the way.

See my inspiring story at
[cancercenter.com/community/survivors/
miriam-trejo/](http://cancercenter.com/community/survivors/miriam-trejo/)

HOPEFUL STATISTICS

There are more than 2.7 million breast cancer survivors living today in the U.S., enough to stretch across the country.



The good news is the 5-year
survival rate for women with breast
cancer has increased.

63%
1960s

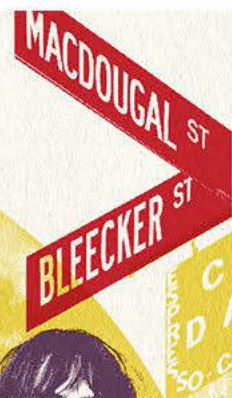
90%
Today

Reading Room

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SYLVIA PLATH HUGHES
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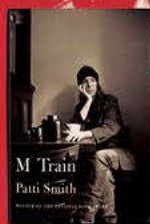
CAFFE
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THE ODYSSEY

Whether chronicling her obsessions or her journey through grief, **Patti Smith's** new book is unexpected and extraordinary.

A SURVIVOR'S GRACE permeates Patti Smith's heartbreaking memoir/meditation/artist's notebook, *M Train* (Knopf). Unlike her earlier National Book Award-winning *Just Kids*, which told the relatively linear story of her passionate friendship with Robert Mapplethorpe when the two were young and struggling in late 1960s and '70s New York, *M Train* loops and swirls through dreams, memories, images, journeys, and acts of mourning in and around Smith's 66th year. Or, as she puts it, "Sixty-six, I thought, what the hell."

Like a modern Antigone, Smith attempts to honor her many dead—her husband, Fred; Jean Genet; her brother; Frida Kahlo; the writer Osamu Dazai; her parents. For Smith, who regards herself as one of "the gone Beats' orphaned children," artistic forebears and heroes leave



behind as deep a void as family members. But in this enchanting and enchanted book, the dead exist right alongside the living, still haunting Smith years, or even decades, after they're gone. We get vivid glimpses of her marriage to Fred, nearly 20 years after his death ("I could feel Fred closer than ever," she writes). They loved to live according to what they called "the clock with no hands"—talking all night, driving aimlessly, sleeping all day in motels. She rests in Diego Rivera's bedroom

and is so moved by the energy there that a song about his wife, Kahlo, comes to her whole. While visiting Sylvia Plath's grave, she has "the uncontrollable urge to urinate" on it, as if to summon Plath back to life. The book feels like a long, poetic letter directly from the brain of your smartest, oddest, bravest friend, the one who has ventured so much

further than most of us dare to.

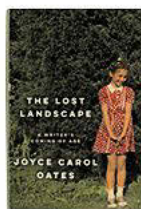
Smith's life in the present is also riddled with losses, albeit of a more mundane kind. In her travels she loses photos, books, a beloved coat, a camera. The café where she writes every day—always in the same chair, always ordering brown toast with olive oil and black coffee—closes. An eccentric and erudite club she's a member of, honoring Alfred Wegener, the theorist of continental drift, disbands. She falls in love with and buys a house in the Rockaways only to see it severely damaged by Hurricane Sandy. She withstands all these losses by reading, roaming, brooding, and sometimes checking in to a hotel in London to binge-watch British mysteries. One wouldn't necessarily know from reading *M Train* that it was written by a rock icon; we see little of Smith's public life. Instead, she opens her extraordinary heart and soul to us, holding nothing back and never permitting vanity to intrude. "I love you, I whispered to all, to none," she writes. "I'm going to remember everything and then I'm going to write it all down." It's a gift, this record of beloved absences, to which one can only respond, thank you. —STACEY D'ERASMO



OATES in New York City, 2013.

The Examined Life

A famously prolific writer looks homeward.



"THE STUDENT of literature is a soul-searcher...a pilgrim," observes Joyce Carol Oates in *The Lost Landscape: A Writer's Coming of Age* (Ecco), a tender-hearted excavation of her hardscrabble early life.

At 77, Oates is a paragon of American letters known for her prodigious output and extraordinary technique and range. But as these pages underscore, she did not descend from an ivory tower. Oates grew up on her grandparents' chicken farm, and her father worked in a machine shop. From first through fifth grade she studied in the one-room schoolhouse her mother had attended. Much of her early reading was done while manning the family's fruit stand.

Anyone who's ever mistaken Oates for a writer who's all intellect will be moved by her loving memories of rides in a Piper Cub piloted by her father, the delicacy of the clothes her mother stitched for her, the shock of her grandfather's death from emphysema. And anyone who's ever thrilled to her American Gothic sensibility will recognize its origins in Erie County, New York, where on Sunday drives her mother might point out the sites of local murders.

The Lost Landscape isn't entirely straightforward. In it, Oates experiments with and reflects on memoir as medium, and admits to conflating characters and events, just as memory does. "Our lives are not stories, and to tell them as narratives is to distort them," she notes, shedding light on why she, say, allows a pet chicken to describe a 4-year-old Joyce from its point of view. "I am filled with a sense of wonder, and...sadness for all that has already passed from us and for what must be surrendered, in time," Oates reflects. But in sharing with us the lost landscape of her childhood, she has ensured it will never be forgotten. —LEIGH HABER

BIO-LUMINESCENCE

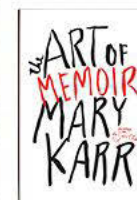
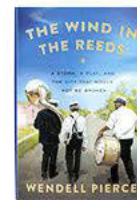
THREE MEMOIRISTS WHO'VE LIVED IT THEIR WAY

Despite the title, Grace Jones recounts her showstopping life in *I'll Never Write My Memoirs* (Gallery). She was a scene-stealer from day one, born feetfirst and kicking into a Pentecostal family. Whether dressed as Nefertiti astride a motorcycle or brandishing a gun outside a lover's hotel room, she's never failed to provoke. With full-frontal honesty, Jones delivers on her promise: "There will be blood, and thunder."

Wendell Pierce's uplifting memoir, *The Wind in the Reeds* (Riverhead), explores the transformative role theater played in healing New Orleans post-Katrina. After the

devastating hurricane, Pierce felt compelled to act—in both senses of the word. He took a lead role in a free performance of *Waiting for Godot* in the Ninth Ward, and found that the play not only united people, but also served as a call to stand strong and rebuild. "Art doesn't give us life's answers," Pierce writes, "as much as it empowers us to live life's questions."

Long considered one of America's premiere memoirists, Mary Karr now offers a veritable blueprint for the genre while tracing the evolution of her own work. *The Art of Memoir* (Harper) tracks her first forays into the confessional through



fragments of scenes that would eventually become the PEN Award-winning best-seller *The Liars' Club*. Karr also examines the mechanics of craft. Lovers of the form and aspiring scribblers alike will relish this comprehensive appreciation of and guide to "writing the real self." —SARAH MEYER

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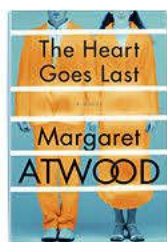
save.hgtvmag.com

PRISON IS THE NEW NIRVANA

Margaret Atwood's 15th novel takes on the wealth gap, the security state, and the healing power of knitting.

NO LIVING WRITER does dystopia with more panache than the incomparable Margaret Atwood. In her new novel, *The Heart Goes Last* (Nan A. Talese/Doubleday), the future has arrived in the form of an economic collapse. Things are dire, but to paraphrase author William Gibson, the direness is unevenly distributed.

Stan and Charmaine, a married couple, are among the hard-hit. They've been reduced to sleeping in their car on increasingly dangerous streets when Charmaine spots an ad for a model community. Those selected for this experiment in the town of Consilience are promised a home, employment, food—a return to safety. They apply in desperation and are accepted. But there's a catch—quite a few of them, actually. The biggest is that their new residence for half the year is the local prison, a privatized institution on which the community's financial fate depends. The food is gourmet, the carefully curated vibe is 1950s à la Doris Day and Bing Crosby, but at the end of the night the men and women retire to their respective



cells, and communication with anyone outside Consilience is forbidden. Freedom has been traded for the comforts of confinement.

Improbably, given the backdrop, *The Heart Goes Last* has the rollicking, episodic pacing of a serialized novel, which is what much of the material once was (the first four chapters initially ran in the now-defunct online magazine *Byliner*). There are plots within plots, murder, mayhem, peril, and suspense; don't be alarmed by the proliferation of Elvis impersonators and hand-knit teddy bears and the pivotal role they play. There's also lots of sex, most of it ill-advised. It turns out this is a screwball comedy disguised as science fiction, more biting romp than cautionary tale. The technology is near-future; an exception is brain surgery capable of turning a human into a sex bot. The satire, almost invisible in the serious early pages, ripens as the story continues, giving Atwood the opportunity to let her unparalleled imagination unfurl. —KAREN JOY FOWLER



Meant to Be

A seductive novel gives new meaning to love at first sight.



"MARRY ME!" Lotto drunkenly proposes the night they meet. Mathilde laughs and says sure. Or does she? No matter: Two weeks later, the 22-year-olds are wed.

In her immersive, darkly playful third novel, *Fates and Furies* (Riverhead Books), Lauren Groff explores destiny, marriage, and female power by incorporating elements of Greek mythology into a modern, New York-centric plot. Big questions abound: How well can we know a spouse? Is it possible to orchestrate happiness, or is that up to chance?

Lancelot—Lotto for short—is a failed actor and son of a millionaire widow. Mathilde, an enigmatic beauty, works at an art gallery to support them both until Lotto finds huge success as a playwright. They are the nexus of a glamorous swirl of friends, parties, sex, and art. But each harbors deep wounds. A godlike narrator takes pleasure in unclocking both characters, chiming in on the action with cheeky asides.

During the first half of the novel, "Fates," the spotlight is on Lotto and the blossoming of his gregarious, heart-on-his-sleeve personality. When he first sees Mathilde across a crowded room, the world stops. Their love, like his eventual success, seems inevitable.

"Furies," the second half, mines Mathilde's startling history of abandonment, cunning, and illicit behavior. The reader relives, with delight and shock, events we have previously seen only from Lotto's perspective. We discover Mathilde's strength, "the dark whip at the center of her. How, so gently, she flicked it and kept him spinning."

Their story is a storm you hope won't blow over: surprising, wild, with pockets of calm that build anticipation for the next squall. Their saga exposes the overlap between intentionality and inevitability. Groff scours her characters, laying them bare so questions of likability are moot. If, in the end, everyone is flawed, everyone also attains a kind of nobility. —KELLY LUCE

10 TITLES to PICK UP NOW

Empty Hands

by Sister Abegail Ntleko

A tenaciously hopeful memoir by a South African nurse who mothered hundreds of children orphaned by AIDS, all in the spirit of *ubuntu*—the Zulu belief that you are only a person because of other people.

Arms

by A.J. Somerset

What we talk about when we talk about guns: How did they become as American as baseball and as sacred as Jesus? And is there any going back? These are among the questions explored by a onetime soldier in an unflinching journey across our cultural battlefields.

Finale

by Thomas Mallon

Gorbachev, Thatcher, the Gipper himself—the gang's all here and ready to party like it's 1986 in this propulsive and often very funny novel that portrays political upheaval through the eyes of some of recent history's most formidable players.

The Lost Detective

by Nathan Ward

A gritty portrait of the 20th century's great pulp poet Dashiell Hammett, who turned his days gumshoeing for the Pinkerton Detective Agency into bawdy and muscular American classics.

Why Not Me?

by Mindy Kaling

Even megastarlets who get to make out with B.J. Novak and meet the president still fall victim to flaky dates and bridesmaid angst—among the many reasons this essay collection is gut busting and essential.



Providential

by Colin Channer

The Caribbean policeman is a character both foreign and familiar at the center of this intimate debut poetry collection. Combining Jamaican patois and American English, it tells the story of violence, loss, and recovery in the wake of colonialism.

Fear of Dying

by Erica Jong

In this heartfelt sequel to the 1973 feminist bombshell *Fear of Flying*, female libido reclaims the spotlight, as a 60-year-old actress fights mortality by signing up with a website that facilitates anonymous sex.

The Double Life of Liliane

by Lily Tuck

Traveling between her divorced parents in Rome and New York City, the semifictitious narrator weaves a formally audacious coming-of-age metanarrative, combining primary sources, poetry, and autobiography, and blurring our notions of family history and selfhood.

Fear and Clothing

by Cintra Wilson

Ride shotgun with a gonzo cultural critic and fashionista on a cross-country escapade that maps both a public and personal history of American style with wit, candor, and grab-your-life-by-the-lapels inspiration.

Upright Beasts

by Lincoln Michel

Deadpan and life affirming, the stories in this genre-bending debut veer from an apartment complex for the suicidal to a ghostly artists' colony to the innards of wild things.

—NATALIE BEACH

FRIENDS OF O Two wise, hugely popular writers—and regular contributors to our pages—guide and inspire in new books. Here's a peek:

Big Magic: Creative Living Beyond Fear by Elizabeth Gilbert (Riverhead) "Your creative work is not your baby; if anything, you are *its* baby. Everything I have ever written has brought me into being. Every project has matured me in a different way. I am who I am today precisely because of what I have made and what it has made me into."



Rising Strong by Brené Brown, PhD (Spiegel & Grau) "If we are brave enough often enough, we will fall; this is the physics of vulnerability.... Daring is saying 'I know I will eventually fail and I'm still all in.'... Failure can become nourishment if we are willing to get curious, show up vulnerable and human, and put rising strong into practice."



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October 2015

The following articles contain adult themes—**romance, relationships, rolls in the hay, passion, partnership, pulse-pounding play**—and are intended for mature women only. Which you happen to be. So join us in exploring one of the most thrilling, essential parts of life: sex (page 116).... Want to sink into the yummiest, **comfiest everything**—from towels to travel pillows, pajamas to pumps? We'll help you crank up the cozy (page 134).... Into every autumn a little cold must fall, but with **chic coats and sleek boots**, you'll brave the chill in style (page 142).

Let's get it on....

The Sensuous Woman

A vibrant, stylized illustration by Olaf Hajek. It features a woman's hand with purple-pink skin and manicured nails, holding a large, multi-colored flower. The flower has petals in shades of pink, orange, and blue, with intricate patterns including a face-like design on one petal. The background is a textured, olive-green color.

Trust us, we'd never go back to our sexual newbie days. If we've learned anything, it's that the most stirring sex life is the one that comes from experience, from having lived. But it's not *all* toe-curling ecstasy—which is where we come in. To aid you on your continuing erotic journey: eye-opening advice, real-life work-arounds, and stories in which you'll find yourself. Toes, get ready.

Illustrations by
OLAF HAJEK



Tray of Hope

The trials, treats, triumphs—and tools—of sex in the middle ages.

By Natalie Serber



I**DON'T LOVE GETTING** my teeth cleaned. Semiprone in the dental chair, bedecked in a flimsy pink bib, eyeing the tray of shining equipment, I start to feel anxious. Sort of like—and I'm sorry to admit this—the way I feel before sex. My husband and I do still roll in the hay quite often, but the days of a spontaneous pants-off dance-off are behind us. Now we must plan, assembling our own dental tray of sexual accoutrements before getting down to business. Sex has become a production.

The year I turned 50, our youngest child went off to college and I learned I had breast cancer. This diagnosis changed many aspects of our life, not least of which was sex. It seemed a cruel joke that my libido fled with my children—finally, an empty house, and we couldn't take advantage of it. Not only was I facing the changed landscape of my postcancer body—nothing sexier than numbness, baldness, and sleeplessness—but chemo had also plunged me into a swift and dramatic menopause. My moods vacillated between weeping at the tender beauty of a falling leaf and cursing at a sink full of dirty dishes. Day and night, hot flashes swamped me; even my eyeballs felt sweaty. My husband's hand caressing my back was not greeted with generosity. Honestly, I wanted out of my body.

When I was referred to the survivorship counselor at the oncology center, she said slow down, go to bed with no expectations for the earth to move. You may sometimes fail to achieve orgasm, she said. Her language threw me; *fail to achieve* sounded only like *failure*. Intimacy is wonderful, don't get me wrong, but it was hard for me to subtract the brass ring of the big O from a session of afternoon delight. She also suggested I be open to new things. Never watched porn? Give it a go. Invest in lingerie, a feather boa, sex toys.

My husband and I aren't prudes, but in 25 years of marriage, we'd done exactly none of these things. We couldn't even finish watching *Boogie Nights*. (Okay, maybe a little prudish.)

Of course, former cancer patients don't have a monopoly on coital disillusionment. How grateful I was when, over coffee one day, my friends, who hadn't had cancer, began to talk about their experiences of middle-aged sex. While they weren't slammed by menopause, the changes were the same: waning desire, increased difficulty reaching orgasm, painful intercourse due to "vaginal atrophy." (According to my friend the nurse, the vagina is a use-it-or-lose-it organ.) Another friend grimly admitted that when she walks, "it feels like two Pringles rubbing together." Her arid nether regions were an apt metaphor: Were we all dried up?

So I set aside my reservations and embarked on a field trip to our neighborhood sex shop. She Bop was as bright and clean as a grocery store. Besides the penis candy necklaces and the BDSM handcuffs, the shop had a huge array of eco-friendly vibrators and paraben-free, vegan, and organic lubricants. (I live in Portland, Oregon.) Also an entire shelf of books on sex after 50, and a section on cancer and sex. I was completely at ease. I paraded out of there feeling like Mary Tyler Moore flinging her tam to the sky.

Though my husband and I don't have a mouth mirror or a perio probe or a flimsy bib, we do now have tools. There's an appliance, lubrication, a glass of wine, a sense of humor. There's also Viagra, because let's be real: Middle-aged men require some propping up, too. Though I don't love the lack of spontaneity, I'm happy to see my husband arranging our dental tray. The thing is, though the cancer and treatment aged me swiftly, and though my body doesn't respond in its old welcome ways when we shake the sheets, I still want the connection of sex. I want to sit across the dinner table from my husband knowing we have an intimate life—that we aren't just roommates or friends. I want to continue to desire and be desired. I want to continue to know his body. And I want to continue to enjoy being in my own.



GOODWILL GAMES

"There's nothing wrong with sometimes being intimate just to please your partner, or vice versa. In successful long-term relationships, people accommodate each other. You might sit through an action film when you'd rather see a drama. Your partner may want steak but join you for sushi. We do this for each other out of love—the joy of making someone you care for happy. Why should sex be any different?"

—MARTA MEANA, PHD, PROFESSOR OF PSYCHOLOGY AT THE UNIVERSITY OF NEVADA, LAS VEGAS





HOT FOR TEACHER

In her 40s, **Lori Gottlieb** found a new calling—as a sex goddess.

FOR MY ENTIRE single life, it seemed all the great guys were taken—but when I hit my 40s, the great guys got divorced. Finally, here were grown-ups who had jobs and could load a dishwasher. The best part: They were so grateful to be having

sex that I didn't worry whether my breasts were big enough or my butt small enough, whether I made a weird sound or emitted a plume of gas after a Mexican dinner.

It took me a while to notice that the sex itself was...blah. Oh, the men were enthusiastic, but they were clueless—painfully unimaginative or relying on ridiculous porn clichés. (The pizza guy? Really?) In his awkward maneuvers, one guy even sprained my finger. It occurred to me that the last time these divorced men dated, smartphones hadn't been invented. They were like inept 20-somethings, but

with looser abs. Clearly, I was going to have to teach them a thing or two.

I would never have considered myself qualified as an instructor of the erotic arts, but my single-girl experience paid off. Single sex can be nerve-racking—all that getting naked with new people. But it's also "I haven't tried *that* before!" and "I've never been touched *there*."

Suddenly I was a femme fatale, wrinkles and all. I'd never felt more sexually confident—or aware. Sex, it turned out, was as much about mechanics as

metaphysics. So what if the guy needed a little tune-up? The end result could still be thrilling.

Eventually, one of my students became my boyfriend, and he learned everything I had to teach. I have to admit I was relieved. As much as I loved being a middle-aged sex goddess, in the long run, it's exhausting. Now the problem is that I've taught him too well, and I can barely keep up. I feel like Dr. Frankenstein, mastermind of an experiment that's gone madly out of control. And then I find myself having the wildest fantasies—about boring married sex.

**WHAT LIGHTS
YOUR FIRE?**
Readers told us...

HOT
"Police uniforms and rum."

NOT
"Talking about our teenagers' homework."



The Three States of Sex

And how they affect the state of your union.

Ever wonder why your husband closes his eyes during sex or why your girlfriend insists on talking dirty? In 1980, University of Connecticut psychologist Donald Moshier proposed a now-classic model of human sexual response based on three modes of connection. No one falls exclusively into one category, explains David Schnarch, sex therapist and codirector of the Marriage & Family

Health Center in Evergreen, Colorado: "You may have a preference, but it doesn't define your sexual style."

TRANCE-LIKE: You focus inwardly during sex, even as you remain aware of your partner. You'd rather keep things quiet—talking can be a distraction.

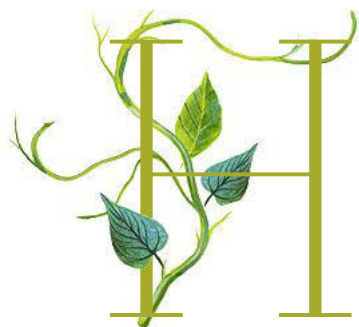
PARTNER-ENGAGED: You want to whisper sweet nothings and gaze into your partner's eyes.

ROLE-PLAYING: You're into sharing fantasies and assuming specific identities with your partner.

Even if you and your loved one aren't always in perfect harmony, it's not evidence that you're sexually incompatible. "In reality, we're all capable of operating in all three of these dimensions, at profound depth," says Schnarch. Like everything else in the bedroom, it's about working together: The role-player can lovingly focus on the partner who longs to engage. And occasionally, she can put on the Swiss Miss outfit. —LAURA PRITCHETT

Guess Who

Expat/jilted lover/ballroom dancer
Shannon Bradley-Colleary on the
sexcapade that changed everything.



HENRY AND I HAD BEEN married for ten years when I made him meet me for a blind date. I'd been nursing an inexplicable obsession with the singer Gavin DeGraw and felt I ought to refocus my energy

on real-life sex before I ran off on Gavin's tour bus (assuming he'd have me).

So I scheduled the date, which came with a simple requirement: We had to pretend we didn't know each other. After initially balking, Henry agreed. We called this seductive pas de deux The Game. Four years later, it's become a constant in our lives.

The rules are simple. We must not be in the company of our two kids, ages 11 and 13. We must be in public. We must assume identities we concoct on the spot. When one of us says "The Game," that's our cue to separate like operatives on a train platform in Gstaad, then reapproach as strangers.

We've played The Game in a New Orleans cemetery (he was visiting his dead bookie; I was there to see my ex-con boyfriend who got sucked back into crime) and an Italian railcar (he was a wine scion visiting his orchards; I was an expat looking for sex after discovering my husband in bed with another woman). We've played at butchers' counters and farmers' markets. We've played in ways that end in public sex (like, for example, in that cemetery—I confess, we desecrated a grave), but more often our hijinks simply get the juices flowing for a more private rendezvous later on, as ourselves.

There are, of course, long stretches between Games when life is about our kids' remorseless needs and my spastic colon and Henry's restless legs syndrome. But the possibility of an unscheduled trip to Buenos Aires to compete as Elizaveta and Hidalgo in the World Ballroom Dance Championship overrides the ignominies of daily life and reminds us that married sex can be magic.



CAN YOU EXPAND ON THAT?

"When a woman client says, 'I don't want to have sex, I want to make love,' I say, 'What exactly are you asking for? Eye contact? Foreplay? Being told 'I love you'? So often when couples talk to each other, they're not using behavioral terms—they're saying things like 'I want more excitement.' But each person has a very idiosyncratic understanding of what those words mean, so you have to spell out to your partner what you need and want."

—MICHELE WEINER-DAVIS, MARRIAGE THERAPIST IN BOULDER, COLORADO, AND AUTHOR OF *THE SEX-STARVED MARRIAGE*

Overrated

SHOWER SEX

Because somebody's going to feel cold, and somebody's going to feel waterboarded.

UP-AGAINST-A-WALL SEX

BEACH SEX

Unless you like grit. And actual crabs.

ALL-NIGHT-LONG SEX

CHOCOLATE-SAUCE SEX

ALL-NIGHT-LONG CHOCOLATE-SAUCE SEX

WEDDING-NIGHT SEX

After six hours in double Spanx, all you want in your mouth is a pizza.

POST-ROMANTIC-FIVE-COURSE-DINNER SEX

Pass the Imodium, Tiger.

Underrated

GO-TO SEX

Wham, bam, thank you, man!

PREDAWN SEX

"Did that really happen?"

NOONER SEX

Beats a sad desk salad.

PREGNANT SEX

Puts the moan in hormones.

SHHH-THERE-ARE-PEOPLE-IN-THE-OTHER-ROOM SEX

MOSTLY CLOTHED SEX

Peek-a-boob!

MISSIONARY-POSITION SEX

Like a string of pearls—timeless and classic.

HOT

"Coconut oil."

NOT

"Too much tongue."

SEXING WITH A SEXPERT

Eric Amaranth is a sex-life coach who says our erotic superpowers are just waiting to be unleashed. O executive editor **Amy Maclin** asks, "R U 4 real?"

I hear you give women orgasms. 😊

I work on sex skills with all kinds of people...women, men, gay, lesbian, straight, individuals, couples. Talk or guided sessions abt technique.

For women, yeah, it's usually about making orgasms easier or taking them to the next level. I am fully clothed, Btw, I don't touch anyone.

Another level?

Female genitals have a huge capacity for pleasure: clitoris, G-spot, other sensitive deeper spots....

It's like u have several orgasmic places with different pleasures. I don't have that. 😊

I don't know if I do either, LOL!

What if you could have simultaneous clitoral and G-spot orgasms, helped along with anal play? The brain does magic when you combine these forms of stimulation

G-spot orgasms are a thing? Don't you need clitoral stimulation?

Clitoris = easiest source of orgasm. First place you should go. But most women can have G-spot orgasms. They may need to practice a few months....

Where is this mythical G-spot? Brigadoon?

It's at 12:00 within the upper vaginal wall, going back about 1.5 inches. There's another spot near the G, and one behind the back wall of the cul-de-sac of the vagina.

Don't think I could find those even with a team of Chilean miners. 🙄

I've designed a toy to access it! Was partly inspired by lesbians who found a way to reach places most male anatomy cannot.

Obvi, this is advanced stuff

So what do you mean we have to "practice"?

A woman has to get to know her own body through masturbation, and that shouldn't be like grabbing a Triscuit when you're hungry.

It requires time and devotion.... That's how you find out what your body's capable of.

I bet some clients have a hard time getting in touch with themselves.

I'm the personal trainer who says keep focusing. Many female clients don't understand they need to focus on building pleasure. Comes more naturally to men. U need to find the stimulation that makes u say, wow, that feels good. And stick with it

And how do I share my amazing capabilities with my husband? So it's not like, here, did your homework, you're welcome.

Tell him u r fantasizing about him all day at work. Say how hot he is—it's like a Jedi mind trick. If you're curious abt some special new thing, say, "Honey, I can't stop thinking about this. What if we learned how to make it happen?"





EMOJIS: COURTESY OF APPLE

Sounds like you're talking about taking up rock climbing.

There's a time for "it's on" and a time for R&D. U can have passion and flow when u know what u r doing.

OK, I gotta ask: Why isn't my husband that into oral sex? My last partner wasn't either.

Some men just don't get total satisfaction that way.

But what are the odds I would get 2 (!!!) of those men LOL? Do you think I'm bad at it?

Not bad, but—why not ask him to join u and work on it? That's how u learn new job skills!

If we treated our livelihood the way we treat our sex lives...we'd all be living in cardboard boxes.

But work is...serious. Grown-up. And right now my inner 8-year-old is saying, "Hee-hee, I can't believe we're talking about this!" 🤩

Fine for an 8-year-old, but once you get into really awesome sex, u stop laughing about it 😊

It's hard to

Could you talk about female desire and how women might get disconnected

I mean embarrassed

I mean ashamed?

That's crap from the culture. Why should anybody keep you from having the best sex life possible? Say, I'm going to have this, and nothing's getting in my way. 💪

IDK, sometimes I forget what I want because I'm spending so much energy on: Does HE want ME?

Feminine ego. Ego isn't going to give u an orgasm

I've never felt really good about my body. Has affected my sex life with my husband

Listen...if you have a woman in front of you who's into the real thing—authentic sexual buildup + orgasmic response—THAT is hot.

Another reason for getting good at sex: a lot of body image stuff falls away when it's the real deal. Smart men who have experienced that will agree.

Yeah, finally my therapist told me to just go in there and DO it. When I focused on the way I felt instead of how he felt, it made all the difference.

Your body's not just some cavewoman device to serve male desire and propagate the species. It's an amazing sensory instrument. Brings joy to your partner AND u equally

Not only that—wonderful sex changes the way you live. It's an oasis of pleasure and positivity...leaves u recharged. More resilient

Do you ever get tired of talking about sex?

U wouldn't ask a painter or doctor that. 😊 We devote so much time and effort to achieving greatness in dance, technology, medicine

Why not human sexuality? Its time is long overdue.



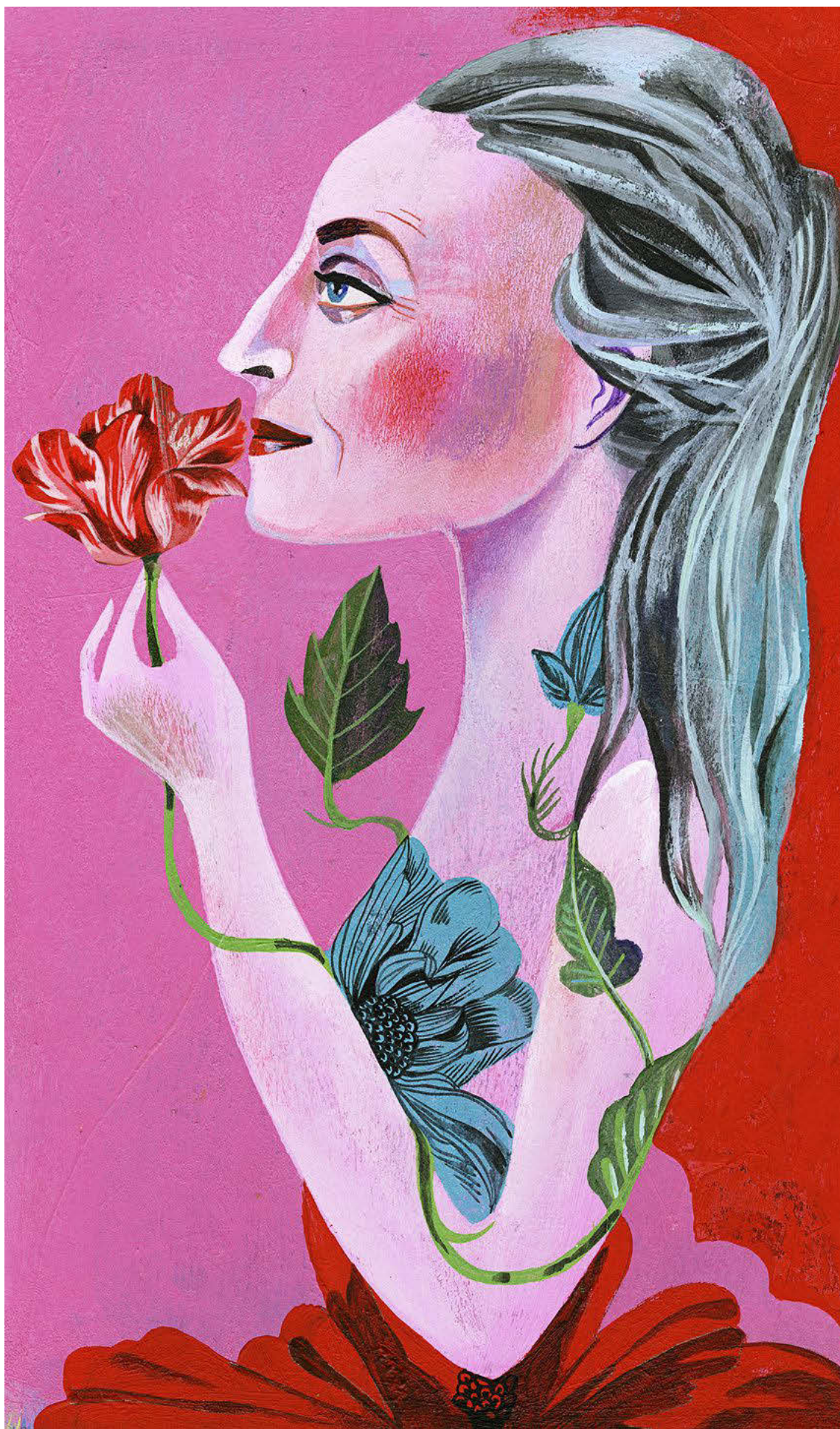
Lady Viagra?

The search continues....

In the 17 years since a little blue pill won FDA approval to give men a lift in the bedroom, not a single libido drug aimed at women has made it to market. So when, in June, an FDA advisory committee recommended approving a new female-desire drug called flibanserin, some women's organizations hailed it as a step toward sexual equality. But don't call it Viagra for women. Viagra targets blood vessels, increasing blood flow, which facilitates erection. Flibanserin, like some other drugs currently in the pipeline, targets the brain. Over time, the daily pill boosts dopamine and norepinephrine, neurotransmitters that are linked to sexual excitement, and lowers serotonin, which is linked to sexual inhibition. In one clinical trial, participants who took flibanserin had on average 2.5 more satisfying sexual encounters per month. Sounds promising—if you're not felled by the potential side effects of dizziness and nausea. But the crucial point to keep in mind is that flibanserin isn't intended for everyone. It's designed to help women with hypoactive sexual desire disorder—women with low to no sex drive.


Lauren Streicher, MD, an expert who testified in favor of the drug at the June FDA hearing, is nonetheless realistic about its limitations: "An awful lot of women are going to take this pill thinking it's going to help them, and it's not." Still, Streicher points out that its FDA approval—and the revenue it should generate—will almost certainly entice more drug companies to invest in research around women's sexuality. And that could be very exciting.

—KATE ROCKWOOD



She Can See Clearly Now

Mary Morris liked her men straight up with an oblivion chaser. Until her first sip of true connection.



I THOUGHT IT HAD TO BE after I rolled a joint or did a few shots at a bar. I thought I had to be in a shadowy room with a stranger. For me sex was about the dark side. Romance had to be cloaked in drugs and booze. One night I was on a bus, and a woman who was dressed as a baby got on. The man across from me laughed, and I laughed, too. We got off at the same stop. “Come over?” he said. “Have a drink.” There was whiskey, a joint. The lights were amber. The rest is a blur. His hands were wide and fleshy, but I don’t recall his touches. I don’t remember if I came. Or if he used a condom.

Everything I craved began with the letter *D*—drugs, drink, darkness. And it all morphed into danger. Sex meant not being the good girl I’d been raised to be. Nothing turned me off faster than kindness. Where was the excitement in that? I wanted to be flung on a bed in Málaga, guitar music rising from the street, drunk out of my frigging mind. I couldn’t imagine sex in the afternoon, newspapers lying on the duvet in a patch of sunlight, cups of coffee growing cold on the bedside table.

It never occurred to me that you could make love without a drink. How was that sexy? Then I had a child, and I met someone. In that order. When I told him about my daughter, he didn’t flinch. When I said I didn’t want a relationship, he offered to be my friend. One evening before I’d poured my first drink, he wrapped his arms around me and kissed me. I’ve never forgotten the power and sweetness of that kiss. Perhaps because I was sober.

When we made love, everything slowed down. He took his time. At first it made me impatient. “Get to the point!” I wanted to shout. Or “Pour me a drink.” When I opened my eyes, he was staring into mine. Not knowing what else to do, I began to giggle. It was hard to accept the tenderness of his fingers and mouth. I felt awkward in my body, so vulnerable and present. But I began to see that love can come out of friendship, that real connection beats mystery. Love can arise from comfort, not pain. I didn’t stop drinking, but I did stop needing a drink to make love.

Maybe someone should come up with a 12-step program for sober sex. Or maybe you just need a good guide. A sponsor, if you will. I still want those nights in Málaga. But at some point I became able to be naked and unafraid—as determined as the drunk who stands up in an AA meeting and at last says her name.

BITTER PILL

Antidepressants offered **Robin Black** a choice: sex or happiness. She refused to choose.

I HAVE DONE battle with depression my whole life. Despair and lethargy have left me hopeless. The first time a doctor suggested medication, she did so with a caveat: The pills—in my case, Prozac—might cause me to gain weight and could make it hard to have an orgasm, standard warnings with many antidepressants. “So I’ll be fat and frigid?” I joked. “How will that make me less depressed?” Still, I took the pills. Anyone who’s suffered with clinical depression knows there comes a point at which you will make pretty much any trade-off to feel well again.

But I didn’t just lose my ability to have orgasms. I gained the torturous sensation, during sex, of almost...almost...almost... then nothing. No release possible. No matter what. I could only let the clock tick down and wait for my arousal to subside. Maybe I was prepared to give up orgasms, at least temporarily. But I was not at all prepared for this taunting, slow-motion disappointment. It felt like cosmic confirmation of depression’s worst self-loathing: I wasn’t worthy of joy. I wasn’t entitled to pleasure. My new willingness to seek comfort and intimacy from

sex had turned into a joke on me.

I was not amused. And neither was my husband, who had been cast in the role of unwitting torturer. We’d always been great together; now, when he got me excited, I got mad. “I told you not to do that!” I’d say. “Don’t make me feel good—it feels horrible.” Not our sexiest moment.

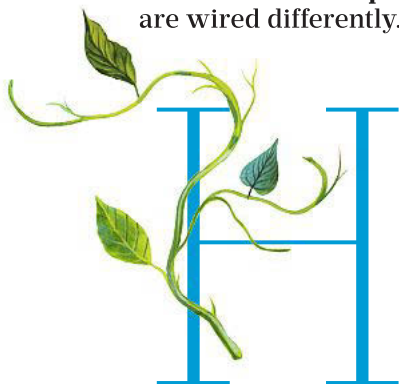
The story has a happy ending—even if, for a while, I didn’t. Knowing that my depression wasn’t life-threatening, I told my doctor that this medication was impossible for me, and luckily she agreed. It took time and a lot of experimentation, but eventually we found a solution that lifted my blues, gave me back my energy, and didn’t turn a central pleasure of my life into an untenable pain.

HOT
“Female
butts.”

NOT
“His ex-wife
calling.”

He's Looked at Sex from Both Sides Now

Take it from **T Cooper**: Men really are wired differently.



HERE'S SOMETHING that happened last night in bed with my wife. I wanted to have sex; she didn't. An excerpt of the ensuing conversation:

HER: We just had sex last night.

ME: So?

HER: Wow. You're incredible.

I'm actually not incredible. I am merely among the vast majority of men who—according to research—think about having sex at least once a day and often far more than once. Whereas the majority of women can seem to us like coital camels, able to tread a sexual desert for extended periods with nary a thought about getting down at the oasis.

And what could be to blame for these vast discrepancies?

Testosterone.

I should back up. Because while in many ways I am one of these “typical males” who has a higher libido than my female partner, I am also an atypical male in one other way. I wasn't born male. As a transgender man, I was designated female at birth and transitioned into a man medically via hormone therapy, making my testosterone levels commensurate with those of most nontransgender males.

This trajectory has allowed me to see and experience sex from both sides of the bed. (Although I can't quite say I know what it's like to be a woman—because I suppose I've never really felt like one—I can say what it's like to have higher levels of female hormones and have sex as a woman, then also do the same as a male.)

Both during and post-transition, sex increasingly became for me like any other daily physical need: food, water, sleep. Oxygen. All the stuff located at the base of Maslow's hierarchy of needs—which, as you might recall from Psych 101, also includes sex. (Maslow was a guy, too.) This explains that feeling I

sometimes have when I can't seem to focus on a task, but then if I get to have sex (or take care of it myself), I can check that need off the list, and the work magically gets done.

Sex satisfies my emotional needs as well. To put it bluntly: Having sex makes me feel like everything else in life is okay. Even if it's not. When my wife and I have sex, a corner of my brain simultaneously achieves satisfaction—because I know that she wants me, needs me, and that I can make her feel good. When we don't have sex, the opposite of all that feels true. According to logic, I know that makes no sense, but so it goes with the brain on testosterone.

Before transition, when estrogen was the more dominant hormone coursing through my body, there were many other things that created a sense of well-being in my world—walking the dog, a night out with friends, succeeding at a task—and while sex was certainly one of these essentials, it wasn't anywhere near the first item on the feel-good list. But now it's like clockwork: If my wife and I have sex, I'm happy. And if we've had sex ten days in a row, I'm going to be up for having sex on day 11 as well.

Which brings me back to our conversation last night—one that may as well have occurred on any night, in any language, in any bed shared by two people with dissimilar libidos. “Not in the mood” might be a cliché as old as man- and womankind, but it's a cliché because there's a physical, hormonal basis bubbling beneath the resulting marital squabbles. Just a little something to keep in mind next time you feel like you're losing yours.

HOT

“Coffee. I can be sipping it at my desk and get super excited.”

NOT

“Body jokes: ‘I like your boobies! Hi, Mrs. Boobie!’”

MY WAY

Rachel Kramer Bussel gets paid to write about kinky hanky-panky—but her own love life is a different story.

BY DAY, I'M in the business of erotica. You may be familiar with my work if you've read *Cheeky Spanking Stories* or *The Big Book of Orgasms*. In the world of erotic fiction, nothing is too wild or weird, and no one ever gets a muscle cramp.

In real life, my boyfriend and I schedule sex, and we do only one position. That's not a proclivity; it's purely practical. The scheduling ensures we're both available and ready. The position staves off injury. My boyfriend is much heavier than I am, and many configurations we tried weren't workable. Reverse cowgirl wore out my knees, and missionary was just too much. Trial and error gave us our go-to: me on my back, him standing in front of me at the edge of the bed.

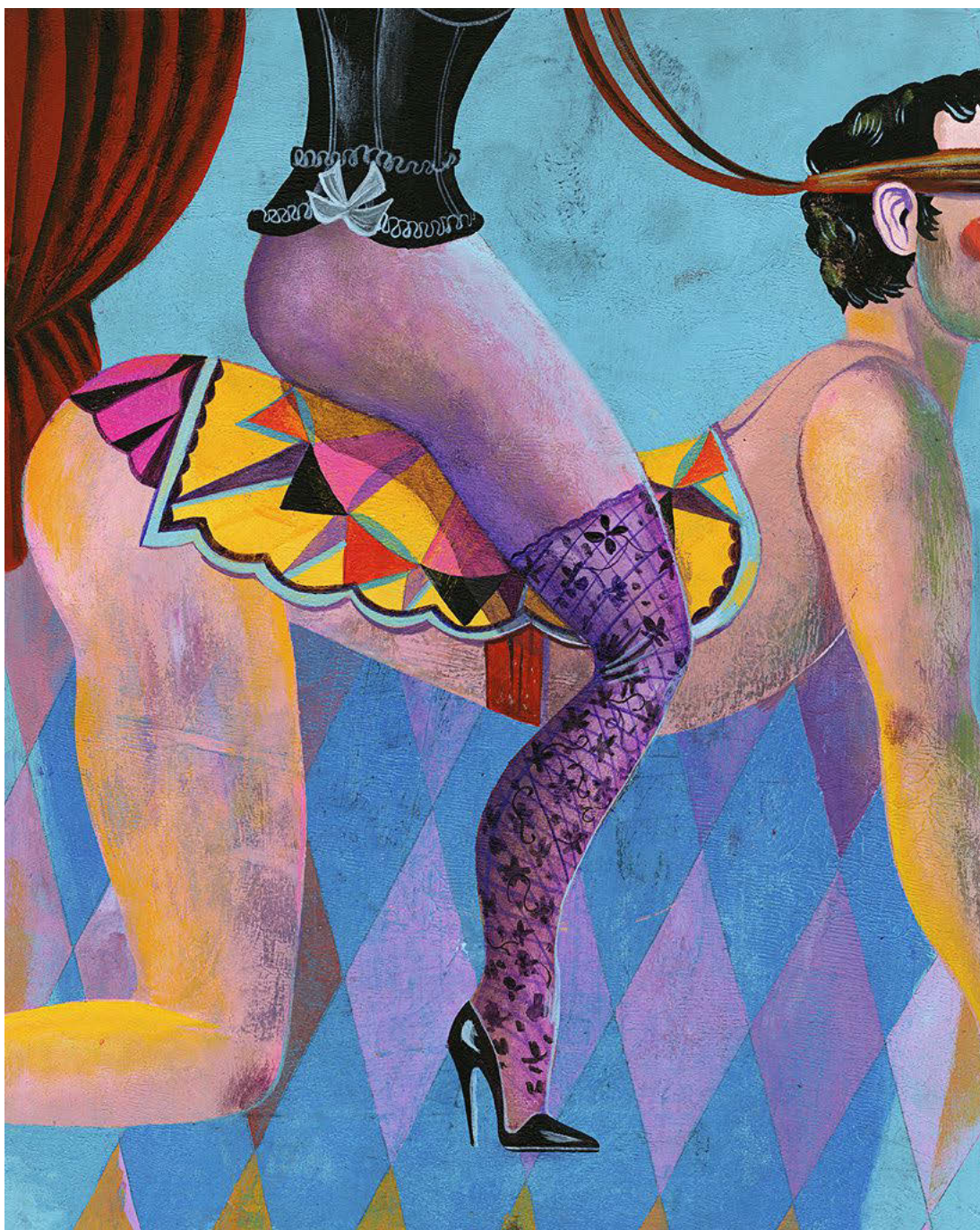
For some people, this predictability might be the definition of sexual hell, but the more we did it, the more subtle variety I found to enjoy: tilting my hips, widening or closing my legs. As for scheduling, Carly Simon was right: anticipation. Now that I know when and how sex will happen, I look forward to it all day and imagine new adjustments to try. While spontaneous on-the-floor craziness is fun in books, our sturdy sex gets me hot every time.

The Reality of Fantasy

Women's sexy imaginings know no bounds.

Any psychiatrist worth her salt knows that female fantasies aren't all about candlelight and bare-chested pirates. But even Wendy Maltz, a sex therapist in Eugene, Oregon, and coauthor of *Private Thoughts: Exploring the Power of Women's Sexual Fantasies*, was surprised when she and her colleague Suzie Boss asked women ages 19 to 66 what got them going. They reported everything from fleeting images (bursting storm

clouds, blossoming flowers, a train cresting a hill, Denzel Washington's lips) and soft-focus romantic vignettes to explicit scenes in the style of hard-core porn. Vignettes and scenes are what Maltz and Boss call scripted fantasies—with characters and plot—and tend to revolve around six common roles: the pretty maiden (an object of desire), the wild woman (the initiator), the voyeur (likes to watch), the dominatrix (self-explanatory), the victim (likes to be dominated), and the beloved (intimately connected to her lover). "I was amazed by the wide range and level of creativity," Maltz says. "You can never tell by the way a woman looks how rich and wild her fantasies are."



In Your Dreams

Readers share their sexual fantasies...

"Being on a table where I'm the main dish and everyone is pleasuring me or watching me be pleased."

"I have a masculine-looking lesbian housekeeper whose life revolves around caring for me. She's always giving me oral sex."

"Sex in every position depicted on the temples of Khajuraho."

"Once I had a dream lover who changed from a centaur to a man. It was fun galloping around."

"Being dominated. I spend all day planning my family's lives, and I'd love to just show up and not have to make a gosh-darned decision."

"Two gay men together."

"I'm draped over a fallen tree trunk, bottom up."

"I'm blindfolded in a hotel room in Italy."

"My gentleman friend pins me up against the wall of a cave, and I hear his primal cries of ecstasy echoing."

"Five women at once."

Lover Boy

The flirty, foggy fun of a 17-year age difference. **By Tara Ison**



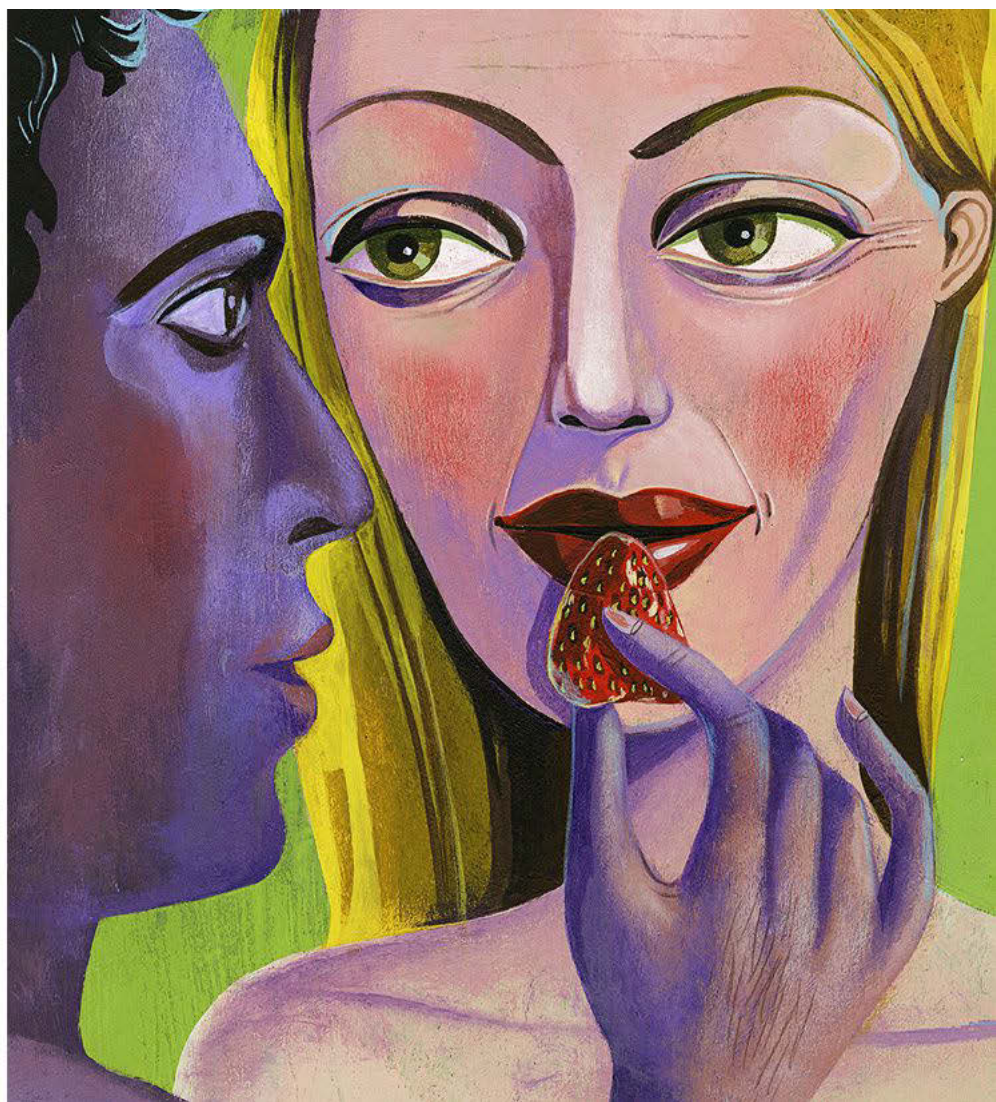
RS. ROBINSON,
you're trying
to seduce me—
aren't you?"

In my case
it was the
opposite. An
adorable
guy 17 years

my junior propositioned me: "I think you're totally hot. Would you be interested in us having a sexual relationship?" Formal, but charming. He was a friend of a friend, someone I'd always found funny and sweet. A buddy. Maybe I could... but then I flashed on the stereotype of the older woman—predatory, desperate. Thanks but no thanks.

I was nearly 50 and had told myself I was done with sex. Five years earlier, I'd ended a rocky long-term relationship, and while everyone else seemed to have Noah's Arked themselves off into committed pairs, I couldn't remember the last time anyone had even looked at me suggestively—which, if I was being honest, was a relief. In recent years, my body had abruptly morphed: My once-cute bellyette had devolved into a saggy pooch, and a stubborn old hag whisker had sprung out of nowhere on my chin.

I didn't count on his persistence. When we ran into each other over the next few months, it felt increasingly electric. I began to encourage him. I thrilled to his flirtatious touch-and-squeeze of my bare shoulder and responded by lightly drifting my hand along his arm; he'd drop a playful innuendo into our conversation, and I'd bite; we found excuses to stand close, to touch. I felt emboldened. After a group happy hour, he offered to walk me to my car, then leaned in for a decidedly unbuddy-like kiss, filled with desire on both sides. I was officially obsessed. The next week we had dinner, which ended with a sweaty two-hour make-out session in my car; it was a sweltering August night, the first time I'd ever literally steamed up windows. I'd forgotten the thrill of high school-esque groping, of feeling a hand slide up my thigh,



slip into my damp underwear. I'd forgotten how it felt to be so aroused and, even better, arouse someone else, to be the object of ardor.

We met once or twice a week for carpe diem sexfests, erotic minglings of hot coupling and sweet cuddling. Because it was a no-strings arrangement, I felt utterly uninhibited, free to be shamelessly lewd. I loved shopping for getups that would turn him on, craved his "I can still taste u" sexts and his cunningly cliterate fingers and tongue, the pleasurable next-day tenderness between my legs. When he moved away for a job eight months later, I felt gratitude for what he'd revived in me—and not a second of regret. His lustful regard had made me feel deliciously, euphorically ripe, a sensation that stayed with me after he was gone.

Here's to you, Mrs. Robinson.

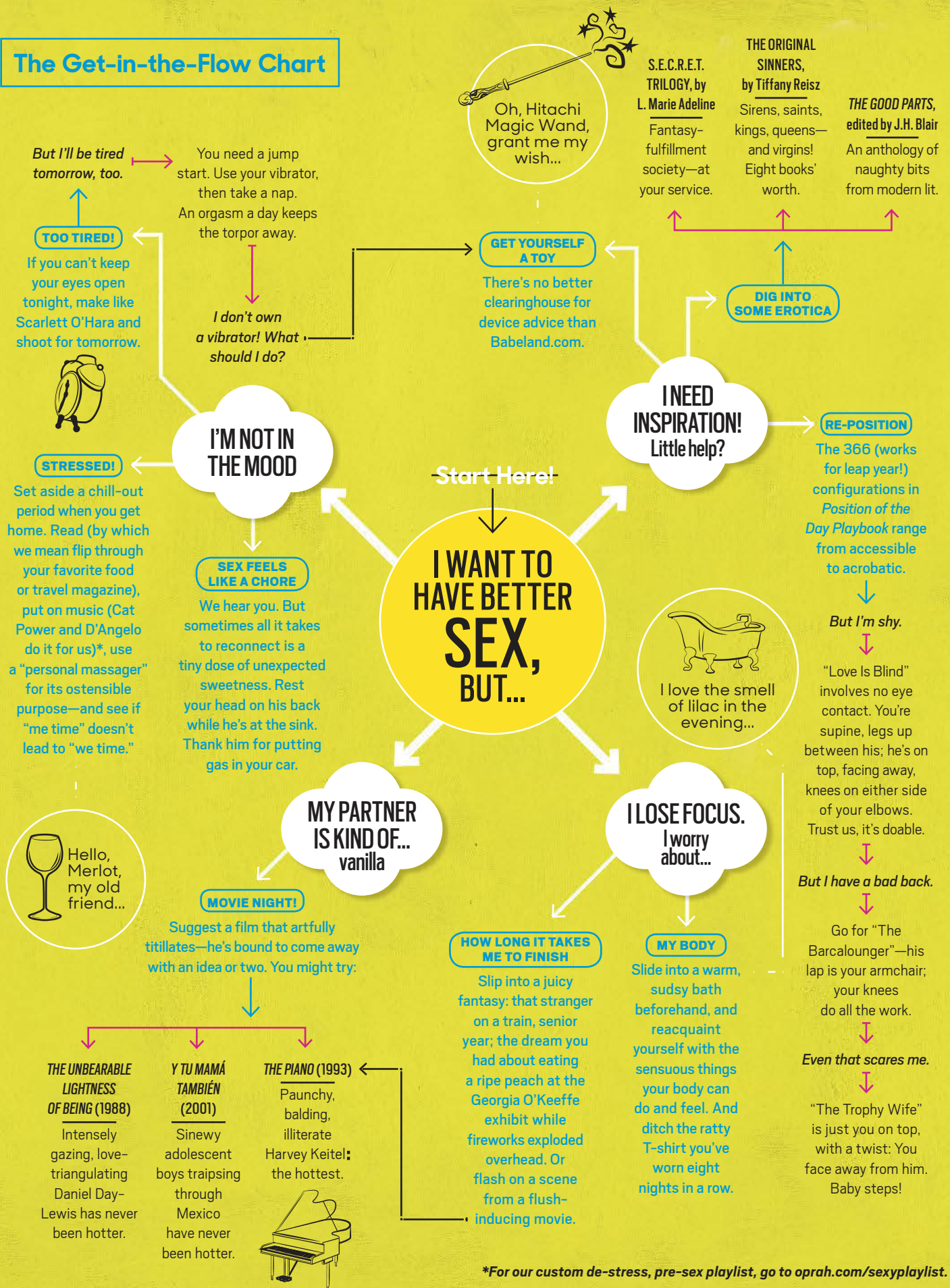


IF YOU NEED TO BE READY IN FIVE

"This is drawn from an ancient Taoist technique: Rest your awareness gently on your clitoris. Breathe slowly. Imagine you're breathing through your vagina. Suddenly, that area will become alive—you'll feel a spark and a stirring that will grow until you feel strongly aroused."

—BRANDY ENGLER,
L.A. SEX THERAPIST AND
AUTHOR OF *THE WOMEN
ON MY COUCH*

The Get-in-the-Flow Chart



Aural Sex

When chronic pain crept into her bed, **Sonya Huber** turned to the talking cure.



NCE, WHEN my husband and I were first dating, we destroyed a bed: hours of fun left the sheets

in tatters, with the mattress destined for the trash. Our sex life was, in a word, athletic. Then, a year and a half into our relationship, I got sick with rheumatoid arthritis, an incurable autoimmune disease that blinded me with frequent pain. I had to move gingerly, babying my knees, wrists, fingers, hips, shoulders, and feet. My energy plummeted. We tried sex on days when I felt good, but those days were rare.

We decided not to take this lying down. So one night we, uh, lay down, and discussed our personal sexpocalypse. "I'm not an immortal porn star," I said. "I'm diseased and exhausted." I was afraid; I felt horrendously exposed. And

then he laughed. "You're the sexiest woman alive," he said, "even when you feel like crap."

We set about redefining parameters. Sometimes I'd have to stop halfway through sex because of the pain, and that was okay. Getting naked would count as "sex," even if all we did was talk. Touching his shoulder, his arm, his face, was a way to physically connect when nothing else was possible. When things were possible, we would adapt. To keep my joints comfortable, we put pillows under my butt and against my left hip—it looked like we were having sex in a pillow fort. And about that left hip: During a bad flare-up, I noticed that the skin there was extremely sensitive—in a good way. A gentle touch with his tongue became a delightful trick. Pain forced me to consider sex far more subtly than I ever had before.

Two years after that night of reckoning, my husband and I still talk about sex and how to make it work for us, and while what we learn in these chats is useful when we're getting it on, the very act of chatting has made us closer. Ours was a conversation of necessity. But the rewards have been astounding: a sex life that works and a partnership that gets better and better.

Pubic Service Announcement

If you're old enough to remember candy cigarettes, *The Love Boat*, and Lloyd Dobler's boom box, you're old enough to be perplexed by the rise of the pubic-hair police. Brazilian nuts are everywhere—and the waxing shows no signs of waning. But what do guys think about the state of our hair down there? We asked 100 unsuspecting New York City men. The results:

36%
SMOOTH OPERATORS:
preferred full Brazilian waxes

33%
NEATNIKS:
preferred well maintained or manicured

24%
LADIES' CHOICERS:
had no preference

7%
NATURALISTS:
preferred full-on 1970s style

"I'm married, so I could get in trouble for this, but: no hair."
—contemplative 31-year-old pilot

"Not too much, not too little. In the middle is just right. Best question I've gotten all day!"
—chuckling 33-year-old lawyer

"Full bush, baby!"
—61-year-old mustachioed retiree

"Whatever my partner wants. If she's doing something for me, I'll say she looks beautiful."
—26-year-old improv comedian

"When it starts to grow on your leg, it's too much—but so is a Brazilian."
—50-year-old advertising director

"It's all about what makes her happy."
—well-brought-up 18-year-old student

Tried It!

From small-screen smut to a vibrator that vacuums, we tested treats and gadgets intended to improve your O.



LELO MONA WAVE VIBRATOR (\$179, babeland.com)

SEX APPEAL: The curved shape and undulating motion were designed to stimulate the G-spot and push you "over the edge," with eight different vibration/wave patterns and intensities.

SATISFACTION LEVEL: "At first it felt like my clumsy high school boyfriend. On the second go, it did the trick, but the result wasn't the promised 'orgasm to end all orgasms.'" **IS IT LEGAL?** Yes. **TRY IT IF...** You've got a long-standing relationship with your G-spot. And \$179 to spare.



JADE EGG (\$35; evesgarden.com)

SEX APPEAL: Pop this ovum-shaped stone into your vagina, and Kegel your heart out to strengthen your pelvic floor muscles and your orgasms. (It can't get lost inside you, but you can buy one with a cord attached for easy retrieval.) **SATISFACTION LEVEL:** "I spent 15 minutes a day flexing my muscles (while watching *30 Rock* on the sofa) and noticed more control after less than a week." **IS IT LEGAL?** Yes! Yes! Yes! **TRY IT IF...** You want orgasms that shake the headboard. Or you pee when you laugh.



FLYING SOLO

Who needs lovers when life itself is sexy enough? **By Jodi Sh. Doff**

MENOPAUSE WAS THE BEST thing that could have happened to me. It's been nine years since I've had sex with anyone other than myself, but at 57, I wouldn't say I'm celibate or sexless. I'm simply clearheaded.

A promiscuous child of the free-love '70s and a hard partier until the '90s, I only understood the language of sex. If I wasn't desirable, I felt invisible, and by my early 30s, I was using a color-coded spreadsheet to keep track of my trysts, with columns for photos and brief notes. But then I quit the partying, and later my estrogen began to ebb—along with my sexual appetite. I started forgetting to be that girl who slept around. It didn't make me feel good or pretty or important anymore; it made me feel empty. Then one night I slid into bed and realized it had been years since anyone else had slid in there with me.

The hormone fog had lifted, and with lust out of the equation I was left to figure out who I was, if not that hypersexual being. I did stand-up to a room full of 20-somethings who stared back silently. I got my motorcycle license, jumped out of a plane. Started to love my body for all the *other* things I could do with it. I chucked my high heels, danced all night in cowboy boots, and went home alone to a new queen-size bed, sleeping diagonally, corner to corner, along with—yes—a cadre of cats. I posed naked for painters, photographers, and sculptors. I laughed louder and more often. I spoke my mind. Conversations about life, pain, and hope replaced faceless seductions. The quality of the men in my life changed: instead of one-night stands, they became friends and companions. I was free.

Maybe there's a Venn diagram with my name on it where sex and companionship overlap, but I'm in no rush. I still have sexual desires. But I also have the Wahl All-Body Massager—with two speeds and seven attachments.



FEMINIST PORN

(various prices and retailers; check babeland.com)

SEX APPEAL: Performers of all sizes, colors, and orientations; equal-opportunity orgasms; more faces than crotch close-ups. **SATISFACTION LEVEL:** "Whoa. Both hot and delightful—like the one where a woman refuses sex until her guy assembles a bed from IKEA."

IS IT LEGAL? If you're old enough for NC-17. **TRY IT IF...** You like your erotica explicit but not exploitative.



THE WOMANIZER

(approximately \$180; thewomanizerusa.com)

SEX APPEAL: Resembles an electric face-cleansing brush, with a "pleasure cap" that fits over the clitoris and creates light suction, like a tiny vacuum cleaner.

SATISFACTION LEVEL: "The vibrational waves were intense—I had that just-orgasmed feeling even before the main event. On a second round, it provided a seemingly endless O that made my legs cramp."

IS IT LEGAL? Remarkably, yes.

TRY IT IF... You're ready for the big leagues.



FORIA LUBE

(\$44; forialeasure.com)

SEX APPEAL: A spray lubricant made from cannabis oil, for high times indeed: THC, the active ingredient, is intended to boost sensation.

SATISFACTION LEVEL: "It left me feeling swimmy and chill. Arousal and orgasm weren't more intense, but it felt nice to float away on a sensual cloud."

IS IT LEGAL? Only in Colorado and (for medicinal use) in California. **TRY IT IF...** You want to have far-out sex without smoking a joint. (Which, of course, no one should ever do unless it's medically necessary.)



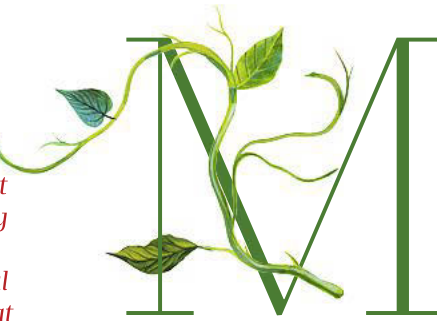
**MAY THE FORCE
BE WITH YOU**

“Sexual energy is a life-force, and even if you’re not in a relationship, it’s important to harness that creative energy by bringing yourself sexual pleasure. In that state of being, you have a warmth and a vitality that are more likely to attract a partner, if you’re looking for one. People who are connected to that life-force exude a radiance that others can feel.”

**—KIM ANAMI,
BALI-BASED
HOLISTIC SEX AND
RELATIONSHIP
COACH**

As You Like It

Consuelo Ruybal on the deepest pleasure of all.



Y WHOLE LIFE,
I thought of myself as butch. I grew up in a strictly religious family, and I didn’t have a model for a woman who

liked women. Those didn’t exist—so what was I? I must be a boy. That’s how I saw myself when I was a kid, and I kept seeing myself that way into adulthood.

Then a few years ago I dated an artist who did a piece exploring the clitoris, and I saw how little we understand the parts of our bodies that offer pleasure. Did you know the clitoris can be as long as a penis—it’s just that most of its structure is inside our bodies? I didn’t. We think of it as this tiny bundle of nerves, but it’s not. It’s big and complex. I realized there were things about me I didn’t even know that I didn’t know. Maybe I was also more complex than I’d thought. Maybe I wasn’t butch—whatever that meant—at all. Maybe I was someone who looked feminine and dressed masculine. Maybe I shouldn’t build an entire identity around a fondness for gorgeously tailored suits masquerading as power.

I’d been living by these rigidly drawn gender boundaries, believing that there were Men and there were Women and I had to be one or the other, and since I didn’t feel like the latter, I must be the former. It hadn’t occurred to me that I could be both, somewhere in between. I’d also been thinking rigidly about sex—thinking that if I enjoyed this, I must be that. We all get stuck in that kind of reasoning: *I like being dominated, so I must not be a feminist. Or, I like missionary, so I must be boring. Or, I don’t want to have sex, so I must be frigid.* None of that is true. What we like is not who we are. The ways we enjoy sex, the things we like and want, are as individual as fingerprints.

Now I see myself simply as a queer woman who likes what she likes. No more, no less. Nothing to envy, nothing to hide.

I’d wish some version of that for everyone.

HOT

“Having him tell me I’m still a vixen in my 60s. And getting a text that says ‘Come home for a poke.’”

NOT

“When my partner says, ‘I’d like us to have adult activity this morning if possible.’”



**IT’S YOUR
PARTY**

“Women should take control of their own satisfaction. Some resist that idea because society tells us that the right partner will know just what to do, or that love always leads to good sex. But those ideas discount

the power of a woman’s sexuality because they put pleasure in someone else’s hands. Be selfish! Prioritize your own erotic needs.”

**—MADELEINE
CASTELLANOS, MD,
NEW YORK CITY
SEX THERAPIST
AND AUTHOR OF
WANTING TO WANT**



Words to Love By O readers and staffers share their ultimate sex advice.

"If you want to know how someone is in bed, watch the way they eat."

"Sex doesn't have to be a telenovela—it's okay to laugh and joke around."

"Find a generous lover. Don't do it in a bathtub."

"No need to hide in the dark—having the lights on only makes it better."

"Sometimes the difference between great sex and not-so-great sex can be summed up in two words: dimmer switch."

"Lube is your best friend!"

"Beware of guys with long fingernails, in sex and in life."

"Not every woman needs big round ta-tas to be hot."

"An inexpensive pair of thigh-high socks can be a game changer."

"Don't knock phone sex until you've tried it."

"Don't go to bed with anyone crazier than you are."

"Learning someone's body is a process. And if you're with the right person, that process can be very fun."



1

Tie One On

You're never going to want to take this scarf off—and luckily, you won't have to.

Made of 100 percent cashmere, the plush wrap is long enough for several loops around your neck on a chilly day and wide enough to double as a shawl in an over-air-conditioned office.

(\$50; uniqlo.com)



32 Get ways to Comfy!

We put up with so much—tight jeans! stiff shapewear! sole-crushing heels!—all in the name of looking good.

But you can **slip into something a little cozier** without sacrificing form or function. Turn the page to enter your ultimate comfort zone.

PHOTOGRAPHS BY *Catherine Ledner*

A Perfect Fit

The secret to looking stylish?
A well-tailored wardrobe you feel good in.
Start with the basics.

2



Shown inside out
(where all the
magic happens!).

6

Your New Fave Shirt

Kit and Ace's specially engineered blend mixes all the good things about cashmere (so soft!) without the annoying parts (not machine washable) into one amazing wear-with-anything top. Plus, it's longer in the back for ample rear coverage. (\$98; kitandace.com)



7

Denim Delight

Recently, a 35-year-old woman in Australia had to be cut out of her skinny jeans—they were so tight, her feet went numb. You can get slimming denim without a trip to the ER. This pair is stretchy and soft enough to feel like jeggings (without, thankfully, being jeggings). (*So Lifting slim leg jeans*, \$99; chicos.com)



Underthings That Do Not Suffocate You

2. Wearing too-tight undergarments is no way to live! For those who feel like a sausage in shapewear, Spanx's lightweight Trust Your Thinstincts Short has strategically placed paneling that smooths without cutting off circulation. (\$58; spanx.com) **3.** A recent poll of 10,000 women found that 64 percent wear the wrong bra size. Reclaim a little support with Soma's seamless bra. (\$44; soma.com) **4.** If you have a bigger chest, we suggest Cacique for Lane Bryant's T-shirt bra. Its three-clasp closure and extra-wide straps mean you won't have underwire squeezing your rib cage. (\$43 to \$56; lanebryant.com) **5.** There's only one thing to say about these tights: The fleece lining is a luxurious surprise. You'll thank us on wind-whipping days. (\$35; plush-apparel.com)

8

No-Drama Pajamas

Less restricting than lingerie, this distinctively patterned set is absolutely delicious to the touch. (*Floral Piped PJ set*, \$98; splendid.com)



Underwear for All

Cosabella's lace panties feel as good as they look, whether you're a thong wearer or need more coverage. Because they're cut to lie flat against your body, there's no awkward bunching. (*Never Say Never*, \$26 to \$50; cosabella.com)

9

THONG

So lightweight, you'll forget you're wearing it.



10

CHEEKY

The scalloped lace edges won't dig into your seat.



11

HIPSTER

Hits right at the hip bone, giving extra tummy support.



12

HIGH WAISTED

Total coverage without panty lines.



13

Happy Heels

Rockport has teamed with Adidas to bring running-shoe technology to three-inch heels. Thanks to Adiprene cushions at the ball of the foot and the heel, you'll feel like you're walking on air. Best part: The pumps have flexible arches—a hallmark of any comfortable shoe. (*Rockport Total Motion pointy-toe pump*, \$130; zappos.com)



PROP STYLIST: ELIZABETH PRESS; PAJAMAS: T-SHIRT STYLIST; JESSIE LIEBMAN/R.J. BENNETT REPRESENTS; PRODUCT STILLS: RICHARD MAJCHRAK/STUDIO D; ANIMALS PROVIDED BY DAWN ANIMAL AGENCY INC.; LETTERING ILLUSTRATION: GILLIAN MACLEOD.

Cozy to GO

When you're in transit—long flight, long commute, long everything—the right accessories can keep you blissfully at ease.



14

All Ears

Are your earbuds always falling out? Headphone-maker Normal has come up with a solution.

Send in pictures of your ears, and the company will 3-D print custom-fit earbuds (with a soft outer coating) that will stay in place whether you're running a marathon or stuck on a marathon conference call.

(\$199; nrml.com)



15

Lights Out

Listen up, insomniacs: Even a little light can throw off your body clock and make it harder to fall asleep. Achieve total darkness no matter where you are with this 100 percent silk eye mask—it's wider than most, so light can't sneak in around the edges. (*Belle De Nuit Eye Masque*, \$42; branchebeautysleep.com)



17

Pain in the Neck?

Rest assured: World's Best Memory Foam Neck Pillow is just that. Made with lightweight, moldable foam, it supports your head in any position and doesn't lose its shape like those filled with microbeads. Sporty piping gives it a touch of first class. (\$16; bedbathandbeyond.com)



16

Kick Back

You'll want to keep this pair of compression socks, which are cuter than other brands, handy for achy legs on long flights (especially if you're cramped in the middle seat). (*Soxxy Nighthawk*, \$35; soxxy.com)

18

Travel in Style

It's hard to pull off comfy without looking schlumpy, but this combo is made of a bamboo-cotton blend knit to feel like sweats, so it's equal parts casual and tasteful. (*Peep-shoulder tee*, \$130, and *skirt*, \$90; uptownsweats.com)



19

Best Seat on the Plane

You already know to choose your seat when you buy your ticket for prime pickings. "But there's always movement—frequent fliers get upgrades, people cancel, aircraft equipment changes, and more seats are added—so more desirable seats should open up as your flight approaches," says Benét Wilson, the air travel expert for About.com. Download *Triplt Pro* (\$49 per year); it will notify you whenever a better seat becomes available. And know this about exit rows: If there is a set of two, go for the one in the back—the front seats won't recline.

Instant Comfort

We asked readers (and one O editor) to share the little things that bring them peace.

20

"My Lego Wonder Woman key chain, a gift from my 7-year-old son. I adored the *Wonder Woman* TV show as a little girl. I think it's meant for a kid's backpack, but I carry mine in a very fancy handbag."

—Melissa Rohlf, Tacoma, Washington

21

"My two Spinone Italiano dogs. Kissing their noses and rubbing their chests brings me peace!"

—Janet Smith, Spruce, Michigan

22

"I'm a light sleeper and fell in love with Hearos Ultimate Softness Series earplugs. Then I got so attached to them that I started wearing them everywhere—even sitting around the house. It brings me comfort to know that no matter how chaotic the world gets, I can block everything out with two little pieces of foam."

—Molly Simms, O senior associate editor

23

"My coloring book. I'm studying for law school, and when I take breaks, I color. It's both calming and energizing."

—Quindaro Frieder, Tucson

24

"My first husband died at 25. He was known for his love of T-shirts. When he passed, many of his friends and family asked for a shirt to remember him by; I gave away all except two, which I turned into pillowcases. When I have a rough day, they bring me a good night's sleep."

—Donna Martin, Houston

Relax to the Max

If you're the type to race out the door in the morning, we have a few items that might tempt you to linger a little.

25

Towel Off

Here's the thing about good towels: They get better with every wash. This brightly colored line by Graccioza, made of Egyptian cotton, starts out softer than most, with extra-long fibers to create a truly silk-tastic feel.

(Long double-loop towels, \$77 each; gracciozausa.com)

26

Fit for a Queen

Less kitschy than a Snuggie, this irresistible Barefoot Dreams robe allows you to lounge like royalty while feeling like you've been bear-hugged by the coziest blanket ever. (CozyChic robe, \$127; barefootdreams.com)

27

Step Right Out

Crafted in thick tufted microfiber, this bath rug feels like it was made from your fluffiest slippers, and its high absorbency means water won't have a chance to pool at your feet before you're dry. (Fuzi bath rug, \$35; gracioushome.com)

28

Cool Side of the Pillow

Expanding its repertoire, mattress-maker Tempur-Pedic has designed a first-of-its-kind pillow with built-in cooling gels on both sides (layered just beneath the fabric) that help regulate your body temperature and keep you from overheating throughout the night. (Tempur-Cloud Breeze Dual Cooling Pillow, \$199 for queen; tempurpedic.com)



29

Cloud Nine

Not ready to splurge on a new mattress? A featherbed is an easier upgrade. Invest in one with enough shape to provide real support—like Pacific Coast's mattress topper, designed with an extra layer of quilting to feel like a full-body pillow. (\$200 for queen; pacificcoast.com)



30

Tuck In

Heavier and warmer than most flannel sheets, this set is so luscious and velvety that you may never want to get out of bed. (Heritage Chamois flannel sheet set, \$169 for queen; llbean.com)

31

Ultimate Snuggler

Made of environmentally friendly cashmere, Garnet Hill's striped throw is Mother Nature approved. Cue nap time. (Eco-Cashmere throw, \$328; garnethill.com)

32

Take Cover

The right comforter provides enough warmth without feeling too heavy, so you can use it year-round. The feathers in this 430-thread-count creation from the Company Store have optimal fill power (the volume an ounce of down takes up), which means the blanket insulates better than most yet weighs less. (Legends royal white goose down comforter, \$599 for queen; thecompanystore.com)



YOU'RE GETTING



THE BEST THING ABOUT CHILLY TEMPS? CARTE BLANCHE TO REVEL IN THE SEASON'S STATEMENT COATS AND BEST-LOOKING BOOTS, SEEN HERE AGAINST THE BACKDROP OF NYC'S DRAMATIC NEW BACCARAT HOTEL & RESIDENCES. WE SHOW YOU HOW TO WEAR THE TRENDS WITH FLAIR. PLUS: A ROUNDUP OF THE HOTTEST COATS AND BOOTS AT EVERY PRICE.

PHOTOGRAPHS BY DEWEY NICKS

A full-page photograph of a woman standing in a hallway. She is wearing a vibrant green and black plaid coat, a black turtleneck, black pants, and black pointed-toe pumps. She is holding a fox mask with orange, white, and black fur over her face and holding a tray with a small cake in her left hand. The hallway has white walls, a patterned carpet, and a mirror on the left wall.

WARMER

CHECK IT OUT

It's a plaid, plaid world in fashion right now, and this oversize menswear-inspired number isn't shy about color or pattern. What better way to stand out from the black- and camel-coated masses than with a vivid statement coat and equally eye-catching booties?

Coat, Tina Turk, \$685. Top, BCBGeneration, \$58. Pants, Gap, \$80. Bag, Kate Spade New York. Sunglasses, Thierry Lasry. Booties, Furla. Opposite page, from left: Coat, Elizabeth James, \$965. Sweater and pants, The Limited, \$70 and \$80. Hat, BCBGeneration. Watch, Citizen Watch. Bag, Etienne Aigner. Boots, & Other Stories. Coat, Topshop, \$350. Hat, Reiss. Cuff, Lydell NYC. Bag, Vince. Tights, H&M. Boots, Tory Burch.



PERFECT PAIRINGS

When wearing a robe outside the house is not only acceptable, but fashionable: These rakish belted coats look smashing with plaid over-the-knee boots and meow-worthy leopard-print boots.

From left: **Coat**, Vince, \$725. **Dress**, Rebecca Taylor, \$425. **Boots**, CH Carolina Herrera. **Coat**, sweater, and pants, Max Mara, \$2,590, \$795, and \$695. **Bag**, Talbots. **Boots**, Nine West.



WRAP STAR

This ultracozy wrap coat with contrast lining layers over a turtleneck for extra warmth, while the lace boots and pearl- and crystal-studded bucket bag add edge. "A lot of boots this season have a '70s influence," says *O* creative director Adam Glassman. "Think stacked heels as opposed to stilettos."

●
Coat, Protagonist, \$2,900. *Sweater*, Banana Republic, \$98. *Skirt*, Marissa Webb, \$498. *Bag*, Jimmy Choo. *Boots*, Gianvito Rossi.



FEEL FREE TO EMBELLISH

There's no better entrance-maker than a faux-fur coat and embellished evening booties (a big trend this season). And while the "shbootie" style may seem dramatic, the look flatters almost everyone—the dip at the top of this Rupert Sanderson shoe is especially leg lengthening.

●
Coat, Ann Taylor, \$258. Top, Elie Tahari, \$198. Skirt, Lover, \$550. Earrings, Rebecca Minkoff. Evening booties, Rupert Sanderson.



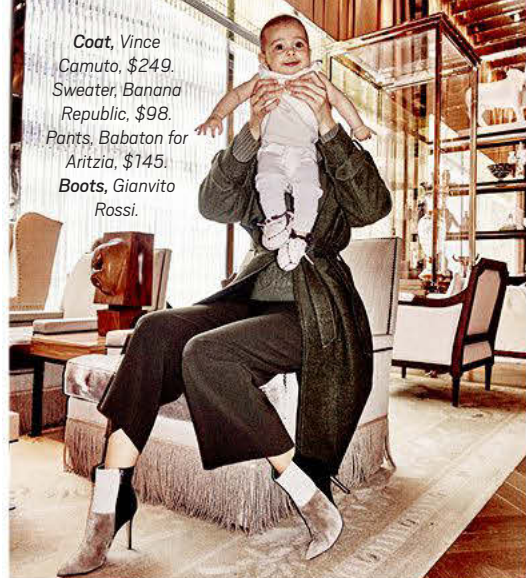
Text: Clarissa Cruz.
Fashion editor:
Jarrod Lacks. Hair:
William Schaedler
for Living Proof at
WmSchaedler.com.
Makeup: Paige
Smitherman for
Nars Cosmetics.
Manicure: Julie
Kandalec for Bryan
Bantry using Dior
Vernis. Prop stylist:
Cindy DiPrima for
EH Management.

BELT IT OUT

What's black, white, and sexy all over? This soft, belted coat over a shirtdress, racy thigh-highs, and lacy booties. "Even when what you're wearing underneath is subdued, the right coat and boots will turn it into a high-impact look," Glassman says.

Coat and dress, Marissa Webb, \$695 and \$525. Ring, Robert Lee Morris Collection. Thigh-highs, Falke. Booties, Bionda Castana.

For details see Shop Guide.



BOOT CAMP

Though the styles on this page differ in height, heel, and color, they have one thing in common: Each sports a detail that sets it apart. "Everyone has that workhorse boot," says Glassman. "But these all have something special—embellishment, shearling, or a retro vibe."

SOUTHWESTERN



EQUESTRIAN



EMBELLISHED



1970s



MOD



COAT CHECK

Whether your style is classic, borrowed from the boys, or all-out glam, there's a statement coat here for you. Keep in mind: The more voluminous or colorful the coat, the more fitted the outfit underneath should be.

FAUX FUR



Donna Salyers' Fabulous-Furs, \$199; fabulousfurs.com



\$248; lanebryant.com



\$348; bananarepublic.com

FAUX-FUR COLLAR



Dennis Basso, \$160; qvc.com



Robert Rodriguez, \$249; macys.com



Kate Spade New York, \$728; katespade.com

MENSWEAR-INSPIRED



\$99; joefresh.com



\$278; anntaylor.com



\$599; talbots.com

SHAWL COLLAR



\$228; express.com



Armani Exchange, \$350; 212-980-3037



Ted Baker London, \$549; bloomingdales.com

PEACOATS



\$60; oldnavy.com



\$189; landsend.com



\$298; jcrew.com

ROBE COATS



H&M Studio, \$199; hm.com



Lauren Ralph Lauren, \$450; 800-223-7440



Closed, \$645; Wright's Manhattan Beach, 310-376-8553



Coat, Rebecca Taylor, \$650. Jacket and skirt, Nanette Lepore, \$478 and \$278. Tights, Spanx. Bag, Furla. Boots, Aldo. Bicycle, Martone Cycling Co.



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Let's Eat!

CHEESY DELIGHTS, PARTY-PERFECT BITES, TEMPTING GREENS

Grilled Cheese French
Toast with Brown
Butter Apples
Turn the page for recipe!

WHAT'S YOUR COOKING STYLE?

Whether you like to dine alone or invite a dozen friends, enjoy vegging out or spicing things up, we've got a made-to-order recipe for you.



The Entertainer

This make-ahead hors d'oeuvre from Jacques Pépin's Heart & Soul in the Kitchen is very inviting: Stacks of cocktail bread slathered with horseradish butter create a stunning layer-cake result.

◀ Black Bread and Butter Lattice

In a small bowl, mix together 3 Tbsp. unsalted butter, softened; 1 tsp. bottled horseradish, drained; and 1/4 tsp. ground black pepper. Spread 1 tsp. butter mixture on 1 slice of 3"-square cocktail pumpernickel bread (you'll need 12 slices total) and cover with another slice. Continue the process using 4 additional slices; do not butter top slice. Repeat with remaining 6 slices and butter mixture (you'll have 2 bread stacks). Refrigerate about 30 minutes. Just before serving, cut each bread stack vertically into 6 slices. Serve with smoked salmon and sliced cucumber or radish.

Makes 4 servings.

Active time: 5 minutes.

Total time: 35 minutes.

The Waste Watcher



Instead of tossing all those peels, scraps, and stems, try these ingenious tricks:

Tomatoes Add 1 or 2 leaves (and a piece of the vine or a few stems) to tomato sauce in the last 10 minutes of simmering for an intensely fresh flavor, says Justin Smillie, chef at NYC's Upland and author of the forthcoming cookbook *Slow Fires*. Remove before serving.

Pickles When all that's left in the jar is juice, use it to brine thin rounds of potato overnight before draining and pan-frying them. "Brining food—not just meat—is a great way to add flavor," says chef Michael Solomonov, coauthor of the new cookbook *Zahav*. "Vinegar and garlic give the potatoes a subtle, addictive twang."

Apples Make your own vinegar with help from Alice Waters's new cookbook, *My Pantry*. Collect 2 quarts of cores and peels in the freezer. Transfer to a large bowl, and cover with 1/3 cup sugar dissolved in 2 quarts water. Keep out of direct sunlight, covered, for a week. Strain into a jar, cover with cheesecloth, and let age 6 to 8 weeks.

The Comfort Foodie

Grilled cheese is always yummy. But this version from Jessamyn Waldman Rodriguez's The Hot Bread Kitchen Cookbook, with pillowy French toast and slices of buttery apple, will put you in a state of bliss.

◀ Grilled Cheese French Toast with Brown Butter Apples

In a large skillet, melt 3 Tbsp. unsalted butter over medium-high heat. Add 2 Granny Smith apples, cored and thinly sliced, in an even layer and sprinkle with

1 Tbsp. sugar. Cook until apples are browned, 3 minutes per side. Remove from heat, drizzle with 1 1/2 tsp. lemon juice, and transfer to a plate. In a large baking dish, whisk together 8 large eggs, 1/2 cup whole milk, 1/2 tsp. kosher salt, 1/4 tsp. ground cinnamon, and 1 Tbsp. sugar. Add 8 slices challah to egg mixture, flipping once. Wipe skillet clean and melt 2 1/2 Tbsp. unsalted butter over medium-high heat. Add 4 slices soaked bread in a single layer and cook until just browned on one side, 1 minute. Turn over 2 slices and top each with 1/4 cup grated

extra-sharp cheddar. Top with other 2 slices, so the browned side touches cheese. Press sandwiches with a spatula; cover pan and let cook until undersides are browned, 2 minutes. Uncover pan, flip sandwiches, and cook uncovered until second side is browned and cheese is melted, 1 minute. Transfer to serving plates and repeat with remaining 4 slices of bread. Top sandwiches with reserved apples and serve immediately.

Makes 4 servings.

Total time: 35 minutes.



THE ART OF
MAC & CHEESE



The Healthy Eater

To sneak more veggies into your diet, use pasta as a condiment instead of the base of a dish, says Michael Anthony, executive chef at New York City restaurants Gramercy Tavern and Untitled, and author of the new cookbook *V Is for Vegetables*. This recipe, inspired by his grandmother, makes Swiss chard and broccoli (even the stems) tempting with just a scant serving of pasta.

▲ Bribery Pasta

In a large skillet, heat 3 Tbsp. olive oil over medium heat. Add ½ onion, halved and thinly sliced, and 2 cloves garlic, thinly sliced, and stir 1 minute. Add 4 scallions, white and pale green parts left whole and greens thinly sliced; stems, halved lengthwise, of ½ pound Swiss chard (reserve leaves); a pinch of crushed red pepper flakes; and a big pinch (up to

1½ tsp.) of dried oregano and cook about 3 minutes. Raise heat to medium-high; add florets, cut into bite-size pieces and briefly blanched, of 1 small head broccoli (reserve stems) and cook 1 minute. Add reserved chard leaves, center ribs removed and cut crosswise into thin ribbons; ½ cup water; and salt and pepper to taste and cook until chard is wilted, about 3 minutes. Add a scant ⅓ pound cooked and cooled short pasta (such as trofie, orzo, or rotini). Stir in reserved broccoli stems, peeled and thinly sliced crosswise; a handful of fresh flat-leaf parsley, chopped; and a drizzle of olive oil. Divide among 4 bowls, top with grated Parmesan, drizzle with lemon juice, and serve immediately.

Makes 4 servings.

Active time: 15 minutes.

Total time: 25 minutes.

The Globetrotter



Want to travel the world? Peas and carrots are the perfect base for your explorations. Here are variations on three exotic dishes, each built on the same simple technique: In a medium skillet, heat 1½ Tbsp. vegetable oil over medium heat. When hot, add A. Let sizzle for a few seconds. Then add 4 medium carrots, peeled and diced, and 2 cups peas (defrosted if frozen, parboiled if fresh), and cook, stirring, 2 to 3 minutes. Add B. Reduce heat to medium-low and stir a few times. Add C. Cover and cook on low heat until vegetables are tender, 3 to 4 minutes. **Makes 4 servings.** **Total time:** 10 minutes.

Go Indian

From Madhur Jaffrey, author of the forthcoming cookbook *Vegetarian India*:

A: ½ tsp. cumin seeds

B: 1 tsp. ground coriander, ¼ tsp. ground turmeric, a generous pinch of chili powder, and ½ tsp. salt

C: 4 to 5 Tbsp. water

Go Malaysian

From Dale Talde, chef and co-owner of Talde in Brooklyn and author of the new cookbook *Asian-American*:

A: 2 small Thai or serrano chilies, chopped; 2 medium stalks lemongrass, tender parts only, finely minced; 1 shallot, chopped; 1 (4") piece ginger, peeled and sliced; and 1 garlic clove, minced

B: 1 tsp. ground turmeric and a pinch of ground black pepper

C: 1 cup coconut milk and 1 tsp. Thai or Vietnamese fish sauce (Serve with 2 Tbsp. chopped cilantro and a squeeze of lime juice.)

Go Peruvian

From Ricardo Zarate, L.A. chef and author of the new cookbook *The Fire of Peru*:

A: 1½ tsp. minced garlic, 1½ tsp. minced ginger, and 1 jalapeño, seeded and chopped

B: 4 tsp. red wine vinegar, 1½ tsp. soy sauce, and 1½ tsp. ground black pepper

C: 1 cup diced tomatoes



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TEMPTING MEETS WHOLESOME

The Special K Flatbread Sandwich.
Real eggs, sizzling bacon,
and melty cheese, all in 220
deliciously satisfying calories.



The Lazybones

If you're a sucker for a shortcut, try this tangy, cheesy egg dish from Lauren K. Stein's Fresh Made Simple, which barely requires a knife.

▲ Burrito Scramble

In a medium skillet, melt a pat of butter. Add a handful of canned black beans, drained. Tear up a 6" tortilla (corn is best, but flour works, too), add it to skillet, and cook about 1 minute. Crack 2 eggs into mixture, add a pinch of salt and pepper, and scramble eggs until cooked through. Top with store-bought pico de gallo, chopped scallion, shredded cheddar, and a dollop of plain Greek yogurt.

Makes 1 serving.

Total time: 5 minutes.

The Soloist

You're home alone and hungry, and you can't be bothered to turn on the stove. Instead of dialing up your good pal the pizza guy, try this shakshuka-for-one from Leslie Bilderback, author of Mug Meals. The Middle Eastern tomato-and-egg dish is spicy and savory, and it cooks in your microwave in minutes.

◀ Shakshuka

In a jumbo mug, combine 1 Tbsp. olive oil; 1 Tbsp. diced yellow onion; 1 Tbsp. seeded and chopped red or green bell pepper; 2 or 3 dashes of hot sauce (or harissa, to taste); ½ garlic clove, minced; ¼ tsp. ground cumin; and ¼ tsp. caraway seeds. Microwave until onion and pepper have softened, 1 to 2 minutes. Stir in ½ tsp. paprika, 1 cup canned crushed tomatoes, ¼ tsp. kosher salt, ¼ tsp. ground black pepper, and ¼ cup spinach leaves, chopped. Microwave to heat through, about 2 minutes. Crack 1 egg on top and sprinkle with a little water. Microwave on high in 30-second increments until white is firm but yolk is still runny, about 2 minutes. Top with 1 Tbsp. crumbled feta and serve.

Makes 1 serving.

Total time: 10 minutes.

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Shop Guide

(All prices are approximate.)

COVER *On Oprah:* FRONT COVER Top, Etro, \$3,243; 212-317-9096. Jeans, White House Black Market, \$84; whbm.com. Hat, \$255; satyatwena.com. Earrings, \$2,500; jhadleyjewelry.com. Silver ring, \$90; pandora.net. Lapis lazuli and gray tigereye and azurite rings, Heather Benjamin, \$450 to \$460 each; Neiman Marcus Beverly Hills, 310-550-5900. Bag, Roger Vivier, \$2,250; 212-861-5371. Shoes, Nicholas Kirkwood, \$795; matchefashion.com. COVER 2 Trenchcoat, \$2,395; burberry.com. Sweater, \$80; uniglo.com. Skirt, \$138; jcrew.com. Earrings, Silvia Furmanovich, \$8,600; Neiman Marcus Beverly Hills, 310-550-5900. Watch, Apple Watch, \$10,000; apple.com. Ring, Yossi Harari, \$5,820; Bergdorf Goodman, 888-774-2424. Bag, \$5,300; fendi.com. Shoes, Bally, \$750; 844-44-BALLY for similar styles. COVER 3 Dress, St. John, \$1,395; 212-755-5252. Earrings, Dani by Daniel K, \$1,050; Moray's Jewelry, 305-374-0739. Watch, Tiffany & Co., \$14,000; tiffany.com. Bracelet, Chanel Fine Jewelry, \$118,000; 800-550-0005. Ring, Mastoloni, \$15,400; 800-347-3275. Hairpins, \$100 to \$115 each; thomaslaine.com.

COVER FLAPS Makeup: Jeff Harris/Studio D. Prop stylist: Alma Melendez.

TABLE OF CONTENTS **PAGE 3** Coat, \$298; bananarepublic.com. Bag, Kara Ross, \$1,795; kararossny.com. Boots, \$129; ninewest.com.

2015 BEAUTY O-WARDS **PAGE 77** Christian Louboutin Beauté Lip Couleur, \$90; christianlouboutin.com. Clarins Joli Rouge, \$27; clarinsusa.com. Estée Lauder Pure Color Envy Liquid Lip Potion, \$28; esteelauder.com. Giorgio Armani Beauty Ecstasy Lacquer, \$38; giorgioarmanibeauty-usa.com. L'Oréal Paris Colour Riche La Lacque and La Matte Lip Pens, \$10; drugstores. Maybelline New York Baby Lips Moisturizing Lip Gloss, \$4.50; drugstores. Rimmel London Provacolips 16HR Kiss Proof Lip Colour, \$7; drugstores. **PAGE 78** Algenist Repairing Tint & Radiance Moisturizer SPF 30, \$42; algenist.com.

Anastasia Beverly Hills Illuminator, \$28; anastasiabeverlyhills.com. BareMinerals BareSkin Complete Coverage Serum Concealer, \$20; bareminerals.com. Burberry Lip & Cheek Bloom, \$30; burberry.com. Charlotte Tilbury Beach Stick Lip-to-Cheek Dewy Colour Pop, \$45; charlottetilbury.com. Clé de Peau Beauté Bronzing Powder Duo, \$95; cledepeaubeaute.com. Giorgio Armani Beauty Luminous Silk Compact, \$62; giorgioarmani-beauty-usa.com. It Cosmetics CC+ Cream Illumination SPF 50+, \$38; itcosmetics.com. Lancôme Miracle Cushion Liquid Cushion Compact, \$47; lancome-usa.com. Nars Dual-Intensity Blush, \$45; narscosmetics.com. Revlon PhotoReady Airbrush Effect Makeup, \$14; drugstores. Sephora Collection Bright Future Gel Serum Concealer, \$14; sephora.com. **PAGE 79** Algenist Genius Ultimate Anti-Aging Vitamin C+ Serum, \$115; algenist.com. Burt's Bees Renewal Refining Cleanser, \$10; drugstores. Chanel Sensitive Skin Cream, \$80; chanel.com. Clarins Mission Perfection Serum, \$72; clarinsusa.com. Clinique Smart Custom-Repair Eye Treatment, \$49; clinique.com. Dr. Dennis Gross Triple C Peptide Firming Oil, \$62; dgsincare.com. Dr. Jart+ Dermask sheet mask collection, \$6 to \$12 each; sephora.com. GlamGlow Flashmud Brightening Treatment, \$69; sephora.com. Lancôme Masque Pure Focus, \$35; lancome-usa.com. L'Oréal Paris Age Perfect Eye Renewal, \$25; drugstores. Murad Invisiblr Perfecting Shield SPF 30 PA+++, \$65; murad.com. Neutrogena Hydro Boost Water Gel, \$19; drugstores. Olay Total Effects 7 in One Anti-Aging Moisturizer, \$22; drugstores. Pericone MD DMAE Firming Pads, \$80; periconemd.com. Philosophy Purity Made Simple One-Touch Facialist, \$75; philosophy.com. Shiseido Future Solution LX Universal Defense SPF 50+, \$90; shiseido.com. Simple Micellar Make-Up Remover Wipes, \$8; drugstores. SK-II Power Brightening Specialist, \$140; sk-ii.com. SkinCeuticals Physical Matte UV Defense SPF 50, \$34; skinceuticals.com. StriVectin Advanced Retinol Intensive Night Moisturizer, \$112; strivectin.com. **PAGE 82** Benefit Air Patrol BB Cream Eyelid Primer, \$29; sephora.com. Clinique Chubby Lash Fattening Mascara, \$17; clinique.com. CoverGirl Full Lash Bloom by LashBlast Mascara, \$9; drugstores. Dior Addict Fluid Shadow, \$32; dior.com. Givenchy Mister Intense Black Mascara Top Coat, \$29; bameys.com. Lancôme Drama Liqui-Pencil Longwear Kohl Eyeliner, \$23; sephora.com. L'Oréal Paris Brow Stylist Plumper, \$9; drugstores. L'Oréal Paris Colour Riche La Palette Nude, \$20; drugstores. Mary Kay At Play Dual End Shadow & Liner, \$13; marykay.com. Maybelline New York Eye Studio Master Graphic Liquid Liner, \$8; drugstores. Stila Got Inked Cushion Eye Liner, \$28; stilacosmetics.com. Tom Ford Beauty Brow Sculpting Kit,

CRYSTAL CLEAR

The *O* crew shot “You’re Getting Warmer” (page 142) at the new Baccarat Hotel & Residences in New York City—and there couldn’t be a more stunning backdrop for this season’s fashion-forward coats and boots. “It’s one of the most beautiful and exciting new hotels in New York City,” says *O* creative director Adam Glassman. “Everything here glitters, yet the atmosphere is cozy and inviting.” The first hotel from the luxury French crystal brand offers 114 gorgeous guest rooms and suites; a contemporary French restaurant, Chevalier, helmed by Michelin-starred chef Shea Gallante; an indoor pool; and Spa de La Mer, the first U.S. spa from skincare brand La Mer. Not to mention an opulent, chandelier-heavy Bar at Baccarat, which has an outdoor terrace overlooking the Museum of Modern Art. “Even if you live in Manhattan,” says Glassman, “you should still stop by for a drink.” (baccarathotels.com) —CLARISSA CRUZ



SPARKLE PLENTY

Left: The ornate Petit Salon, decorated with Baccarat crystal pieces. *Below:* One of the serene guest suites.

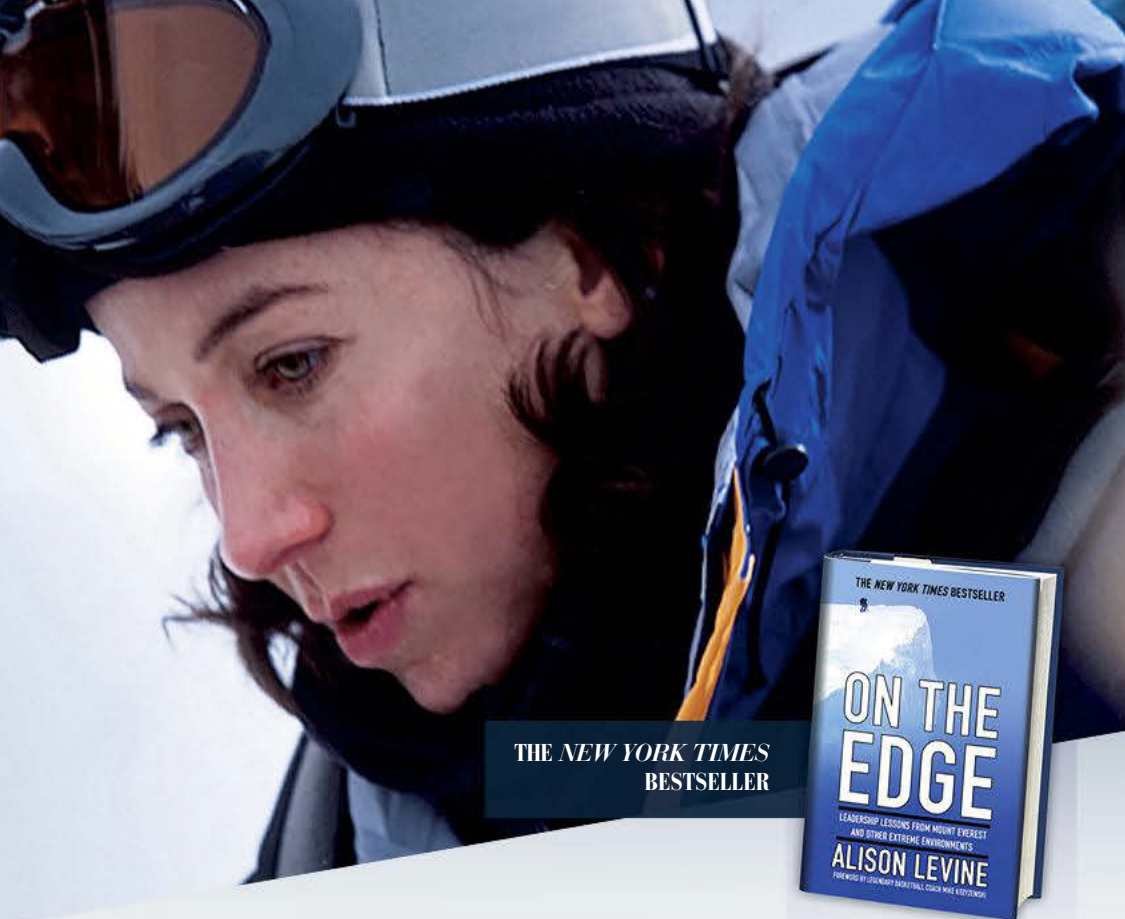


\$72; neimanmarcus.com. **PAGE 84** Amla Legend Silkening Oil Mist, \$10; drugstores. Aveda Smooth Infusion Nourishing Styling Cream, \$26; aveda.com. Dove Quench Absolute Intense Restoration Mask, \$7; drugstores. Garnier Fructis Full & Plush Voluminous Blow Out, \$6.50; drugstores. Head & Shoulders Moisture Care Co-Wash, \$6; drugstores. Herbal Essences Wild Naturals Illuminating Dry Oil Spray, \$8; drugstores. John Frieda Frizz Ease KeraFirm Firm Hold Hairspray, \$10; drugstores. Living Proof Perfect hair Day (PhD) Dry Shampoo, \$22; sephora.com. L'Oréal Paris Advanced Haircare Nutri-Gloss High Shine Shampoo and Conditioner, \$5 each; drugstores. Nexxus Humectress Encapsulate, \$22; drugstores. Pantene Pro-V Power Up Daily Treatment, \$6; drugstores. R+Co Badlands Dry Shampoo Paste, \$28; randco.com. **PAGE 86** Aveda Stress-Fix Composition Oil, \$30; aveda.com. Aveda Daily Moisturizing Sheer Hydration Lotion, \$9; drugstores. Caption Polish Lucent in Create Change, \$12; captionpolish.com. Dove Dry Spray Antiperspirant, \$7; drugstores. Essie Nail Polish in Flowerista, \$8.50; drugstores. Fresh Life Bath & Shower Gel, \$20; fresh.com. Jergens Natural Glow Color Primer In-Shower Scrub, \$9; Jergens Natural Glow Instant Sun Sunless Tanning Mousse, \$12; and Jergens Natural Glow Tan Extender Daily Moisturizer,

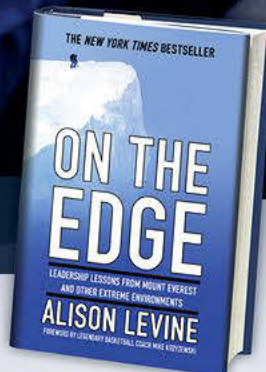
\$9; drugstores. Jin Soon Nail Polish in Ardor, \$18; barneys.com. Nails Inc Gel Effect Nail Polish in Seven Dials, \$15; nailsinc.com. Neutrogena CoolDry Sport Sunscreen, \$9 to \$11; drugstores. Nivea In-Shower Body Lotion, \$8; drugstores. OPI Infinite Shine Hybrid Lacquer in Wild Blue Yonder, \$12.50; drugstores. Sally Hansen Insta-Dri Nail Color in Quick Fire, \$5; drugstores. Secret Clinical Strength Invisible Solid, \$10; drugstores. Vaseline Intensive Care Spray Moisturizer, \$8; drugstores. **YOU'RE GETTING WARMER** **PAGE 142** *From left, on model:* Coat, Elizabeth and James, \$695; neimanmarcus.com. Top, \$70, and pants, \$80; thelimited.com. Hat, \$48; bcbgeneration.com. Watch, \$150; citizenwatch.com. Bag, \$525; etienneaigner.com. Boots, & Other Stories, \$275; stories.com. Canvas and leather luggage, Bally, \$3,495; 212-751-9082. Large white luggage, Rimowa, \$920; 212-758-1060. Gray and green luggage, \$310; steamlineluggage.com. Emoji restickable decals, \$8 to \$12 each; ideco.com. *On model:* Coat, \$350; topshop.com. Tights, 2 for \$22; hue.com. Hat, \$135; reiss.com. Bracelet, \$34; jellnyc.com. Bag, \$495; vince.com. Boots, Tory Burch, \$750; bloomingdales.com. **PAGE 143** Coat, \$685; trinatürk.com. Top, \$58; bcbgeneration.com. Pants, \$60; gap.com. Bag, Kate Spade New York, \$298; katespade.com.

Sunglasses, \$435; thierrylasry.com. Booties, \$575; furla.com. **PAGE 144** *From left:* Coat, \$725; vince.com. Dress, \$425; rebeccataylor.com. Boots, CH Carolina Herrera, \$1,115; 212-744-2076. Coat, \$2,590, top, \$795, and pants, \$695; Max Mara, 617-267-9775. Bag, \$149; talbots.com. Boots, \$169; ninewest.com. **PAGE 145** Coat, Protagonist, \$2,900; barneys.com. Sweater, \$98; bananarepublic.com. Skirt, Marissa Webb, \$498; Bergdorf Goodman, 800-558-1855. Bag, \$2,250; jimmychoo.com. Boots, Gianvito Rossi, \$1,195; net-a-porter.com. **PAGE 146** Coat, \$258; antaylor.com. Top, \$198; elietahari.com. Skirt, Lover, \$550; loverthelabel.com. Earrings, \$48; rebeccaminkoff.com. Evening booties, Rupert Sanderson, \$1,535; bloomingdales.com. **PAGE 147** Coat, Marissa Webb, \$695; Bergdorf Goodman, 800-558-1855. Dress, Marissa Webb, \$525; shopbop.com. Tights, Falke, \$36; shopbop.com. Ring, Robert Lee Morris Collection, \$225; robertleemorris.com. Booties, \$895; biondacastrana.com. **PAGE 148** Coat, \$249; vincecamuto.com. Pants, Babaton for Artizia, \$145; artizia.com. Boots, Gianvito Rossi, \$1,195; Bergdorf Goodman, 800-558-1855. **PAGE 149** Coat, \$650; rebeccataylor.com. Jacket, \$478, and skirt, \$278; nanettelepore.com. Tights, \$38; spanx.com. Bag, \$428; furla.com. Boots, Aldo, \$220; aldoshoes.com.

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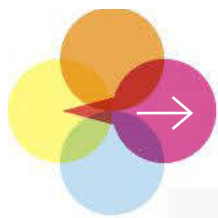
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What I Know for Sure

Chatting with Shonda
for *Super Soul Sunday*,
July 2015.



I'M REALLY COMFORTABLE in the beautiful box of life that surrounds me. I enjoy being no place more than home, whether that's in California or Maui. My favorite gathering spaces for friends and family are the dinner table, the front porch, and the kitchen. And reading all day makes me joyously content.

So why would I want to step out of my intentionally created and deeply satisfying comfort zone?

Until recently, I'd have said, "Trust me, I wouldn't!" But a conversation with Shonda Rhimes for *Super Soul Sunday* has broadened my perspective.

After years of rarely venturing beyond her familiar realms of work and family, the self-proclaimed introvert—and mastermind überproducer of the hit TV shows *Grey's*

Anatomy, *Scandal*, *How to Get Away with Murder*, and now the highly anticipated thriller *The Catch*—made a decision to say yes to every invitation for one year.

Result number one: Shonda's first book, *Year of Yes*.

Result number two (the way more important one!): pure transformation.

Shonda neither looks nor is the same as she was a year ago. She's lost 110 pounds. She's so much more engaged. As her book chronicles, saying yes to heretofore anxiety-making experiences like speeches, parties, and media appearances opened up the world to her.

Blowing out your comfort zone can be life changing.

This was my fourth interview with Shonda—and the first where I felt like she was fully present, not guarded or distant.

She told me she barely remembers our previous encounters because she was overcome with white-hot fear. Anxiety blurred the whole experience.

This time, when we finished the interview, she even said yes to lunch.

Yes for a year? I'm not ready to commit so far down the road. But I'm open to today. And tomorrow. And then...who's to say? Before you know it, I might be taking tango lessons with Robert Duvall.



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Rediscover the curls you were born with

New Dove Quench Absolute
Perfectly nourished hair +
beautifully defined, natural curls

Dove knows that naturally curly hair is drier and most in need of nutrient-rich care to stay nourished, strong and manageable. Introducing our most nourishing range ever, NEW Dove Quench Absolute. Infused with Buriti Oil, this rich and creamy range locks in moisture to quench thirsty hair for beautifully defined, healthy looking, touchable curls. Perfectly nourished hair + 4X more defined*, natural curls

*Quench Absolute Shampoo, Conditioner or Mask and Crème Serum versus non-conditioning shampoo.



Our light bulb moment.

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